



E*Star Electric, Inc.

Around The House

APRIL, 2010

NEWS THAT HELPS THE FAMILY.



The Best Things You Can Do Now With \$1,000

You love the idea of getting an income tax refund check from Uncle Sam. But you know that it's really your own money, so consider these best-advised uses.

- [Troubleshooting Experts](#)
- [Panel Upgrade](#)
- [Surge Protection](#)
- [Recessed Lighting](#)
- [Generator Connections](#)
- [Dock and Landscape Lighting](#)
- [Pool and Spa Connections](#)
- [Under Counter Lighting](#)
- [Knob And Tube Rewire](#)
- [Home Safety Inspections](#)

- ◆ **Stash it.** In case of a calamity or job loss, you could need money for six months' worth of expenses set aside.
- ◆ **Put it in a stock fund.** Blue chips are expected to rise in the next year. Consider one by FMI Large Cap, recommends Money magazine.
- ◆ **Buy a new front-loading washing machine.** It will save up to \$125 in water and electric costs in the coming year. Rebates of up to \$250 are available. Other energy-saving appliances qualify for the rebate as well.
- ◆ **Buy a gym membership.** You'll feel good and save money on medical expenses. A person 5 feet 10 inches tall who weighs more than 209 pounds spends an average of \$1,429 more on health care costs in a year than someone weighing 174 pounds or less. For \$1,000, you can buy a year's gym membership and the services of a personal trainer to advise you on what to do there.
- ◆ **If you are age 50 or older,** put the \$1,000 into your individual retirement account.
- ◆ **Pay the \$1,000 on your highest interest-rate debt.** The interest you save, say 18 percent, is the same as getting a guaranteed 18 percent return on any investment. Eighteen percent is now common for credit cards.

Inside This Issue:

- **Never Too Early For Next Winter**
- **Why People Are Happier On Weekends**
- **Famous Tax Quotes**

Plus much, much more!!!



"Say you want to smack a smug iPhone user in the back of the head without the legal ramifications. Is there an app for that?"

April 1, A Time Of Tomfoolery

Call it April Fools Day or the Day of Tomfoolery, April 1 can bring out the prankster in most of us. The trick can be as small as changing the time on someone's clock, serving cereal that has been placed in the freezer, saying a snake is at their feet or telling someone there is a spot on their shirt.

But hoaxes can also be elaborate and catch the world by surprise. Over the years, many have gained "elite" status.

* In 1957, the BBC show Panorama announced that Swiss farmers were enjoying a bumper spaghetti crop from their spaghetti trees.

Accompanying footage showed spaghetti strands being pulled out of the trees. Calls flooded in asking where the viewers could obtain a "spaghetti tree." 'Tis said a wit at the BBC said callers could place a strand of spaghetti in tomato sauce and see what happened.

* One year, Burger King ran an ad for a Left Handed Whopper whose ingredients had been shifted so condiments would leak out the right side. Not only did people attempt to order the Left Handed Whopper but some customers came in and specified they wanted a Right Handed Whopper.

* Comic strips often join in

the April Fools? Day fun. Cartoonists of syndicated strips will draw each other's strips or incorporate "visiting" characters into their own. In one strip, Garfield ate Dagwood's sandwich.

* TV shows are not immune. In 1997, Alex Trebek, host of Jeopardy, traded places with Pat Sajak of Wheel of Fortune. Sajak and Vanna White then played as contestants on their own show.

* In 2005, a news story was downloaded to the official NASA Web site announcing a picture of water on Mars. The photo consisted of a glass of water on a Mars candy bar.

Never Too Early To Plan For Next Winter

Winter's over. Are you enjoying the warm days of spring and forgetting the winter woes? It's never too early to correct what plagued you during the cold months.

Steps can be taken to weatherize your home. Many older homes have windows and doors that are not air tight and allow chilly drafts. Spring is a good time to get estimates on replacement windows and make a decision.

The IRS allows income tax credits on replacement windows, heating and cooling systems up to a total of \$1,500.

Most modern heating and systems, whether gas, electric or fuel-oil fed, are designed for energy efficiency. If you are considering updates, lists of eligible tax credits can be found at the Internal Revenue Web site.

How about problems with pipes freezing in crawl spaces? There are ways to avoid the big expense of replacing broken water pipes. Heat tapes and additional insulation will do the trick in most cases. Decide what you need, buy it soon, have it installed or do it yourself on a warm summer day. One creative solution is to relocate problem pipes to a heated

area of the house. Since air is warmer near ceilings, it makes sense to locate them there. A decorative enclosure may be constructed from finished one-by-four lumber and made to match the room's decor. Fastening the enclosure with wood screws rather than nails allows access to pipes for any future repairs.

So plan to button up your home this summer. If you get a jump-start on Old Man Winter, he won't get the upper hand when it's cold outside.

**Your Back-Friendly
Home**

Floors made of ceramic tile or hardwood can stress your lower back. If you have them, position thick nonskid rugs or rubber mats where you frequently stand. They absorb shock and comfort your feet.

Check your soft-cushioned chairs, say the editors of Prevention. Sofas and chairs without back support can triple the pressure on the disks in your spine. To help you sit up straighter, use a throw pillow behind the small of your back and rest your feet on a footstool.

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***Around The House Tip Of The Month:
“Open-Air Living Spaces Can Boost
The Value Of A Home.”***

Relaxing and elegant, the new outdoor spaces are features that home buyers love.

According to the U.S. Census Bureau Housing Survey, homeowners spent more than \$40 billion in 2003 improving outdoor areas. Some improvements can fetch 75 percent of the cost when it comes time to sell.

At one time, outdoor living involved mainly a deck with a grill. Today outdoor rooms range from elaborate to simple and there are lots of choices.

At the high end, open-air outdoor rooms can include a full kitchen, dining area, fireplace and television.

New Florida rooms, also called knee rooms, are fully enclosed, climate-controlled, four-season rooms flooded with light from many windows. They often include a door to an open deck.

Finally, fully glassed-in sunrooms or solariums are a favorite to enhance a beautiful view. In cooler climates, sunny days can provide comfortable warmth. In warmer climates, the rooms require special glass so that they don't become too hot in the summer.

Enclosing the patio

It's easier than ever to transform your patio, deck or breezeway into a place for living and entertaining during the spring, summer and fall. Manufacturer enclosures can be designed to fit your space, lifestyle and budget.

Styles include studio models with cathedral ceiling and gabled roofs. They can include tinted glass, skylights, electrical outlets and phone and cable lines.

All-season patio rooms cost more but are best for those who want to use them during the entire year.

Spring Day 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.

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

Why People Are Happier On Weekends!

When you can decide for yourself what you will do (autonomy), have more time with family and friends (relatedness) and can do things you're good at (competency), you are happier. That's why psychologists say both men and women feel better emotionally and physically on weekends.

The weekend effect isn't the same, however, for those who regularly work on weekends and have other days off. They probably feel they have more autonomy, relatedness and feeling of competence on days like Tuesday and Wednesday. That effect was not part of the study published in the Journal of Social and Clinical Psychology. Autonomy, positive relations with co-workers, and feelings of competence make people on the job feel good too.

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!

Victoria Verret, Safety Harbor, FL

Lynne Merriam, Clearwater, 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.

Developing A Beautiful Landscape That Saves Water

Xeriscaping is a practice of landscaping with drought-tolerant plants, which conserve water and save maintenance time. The name comes from the Greek word zeros, which means dry.

Using this theme, you place plants that need more water closest to the house. Those that need little or no irrigation can be planted farther away or at the lot's farthest points.

Xeriscaping makes use of many plants you may already have, such as hen & chickens, yucca, sedum, Coronation Gold or Moonshine yarrow, sagebrush and lavender, all of which are perennials.

Winter-hardy succulents that thrive in USDA Hardiness Zone 5 and 6 (middle America) include agaves. Agaves, with their fleshy, wide leaves, are an attractive choice.

Harvard's Century Plant is one example. It can make an architectural statement in a garden. It can reach 36 inches high at maturity and makes a dramatic statement with low-growing flowering plants in front of it.

Container plantings and annuals need more water and should be planted closest to the house and the water source.

To xeriscape more of your property, consider increasing the size of a patio, creating a stone walkway, or turning one or more sections of your lawn into an area for attractive, drought-resistant bushes and plants.

Benefits Of Barefoot Running Described

Recently, scientists writing in the American Academy of Physical Medicine & Rehabilitation's journal concluded that running in shoes exerts more stress on the knee, hip and ankle than running barefoot or walking in high heels.

Mexico's Tarahumara Indians are a good example. They run marathons wearing thin rubber sandals or no shoes at all. During the 1960 Olympic games, Abebe Bikila, an Ethiopian, thought none of the available running shoes fit him well and decided to run barefoot as he had trained in his home country. He won in record time.

Interest in running without shoes has increased more recently with Christopher McDougall's best seller, Born to Run. But many podiatrists say there is little data on going barefoot, so runners should be careful when trying it.

One runner, quoted in Time, found that his stride changed back to a natural form when he was wearing Vibram Five Fingers (\$75) that protected the soles of his feet from debris while he was running.

He said it put more stress on his calves, which led to some temporary soreness. Eventually, however, his knees and back felt better.

Famous Quotes

About Taxes

"There are two distinct classes of men... those who pay taxes, and those who receive and live upon taxes."

--Thomas

Paine

"The income tax created more criminals than any other single act by government."

--Barry

M. Goldwater

"The government that robs Peter to pay Paul can always depend upon the support of Paul."

--George

Bernard Shaw

"I love America, but I can't spend the whole year there. I can't afford the taxes."

--Mick

Jagger

A Concussion Is Really Brain Injury!

When a doctor diagnoses an injured person as having a traumatic brain injury (TBI), it sounds pretty serious. The patient receives more treatment than someone diagnosed with a concussion, but the two are essentially the same thing.

Physicians have developed a growing alertness to a concussion's potentially lingering effects, including hearing loss, dizziness, memory problems, headaches and depression.

Still, those diagnosed with a concussion return to school or physical activities sooner than TBI patients.

A study by McMaster University in Toronto shows that in the days following a concussion diagnosis, children were about 1 1/2 times as likely to be discharged from the hospital as those with a "mild TBI" diagnosis. And it was 2 1/2 times more likely that they would return to school and other activities early.

Their parents and others often did not consider a concussion to be a serious injury.

Medical researchers say it is increasingly clear that patients with repeated concussions, especially those who go back to strenuous activity before their brain has completely healed, run a high risk of negative effects in the future.

Proper Care Protects Your Skin, Experts Say

No matter what your age, protecting your skin from sun damage will keep it healthier and better-looking.

Whether you're young or not-so-young, and even if you already have wrinkles, exposure to the sun will cause damage, or further damage, and increase your risk of developing skin cancer.

* Doctors at the Mayo Clinic recommend applying sunscreen with a sun protection factor (SPF) of 30 or higher at least once a day to areas that are exposed to sunlight.

* Wear clothing to block sunlight and wear a broad-brimmed hat whenever you

can. Try to avoid being in the sun from about 10 a.m. to 3 p.m., and try to stay in the shade when you are outside for more than a few minutes.

* Bathe with warm water, not hot water, which can deplete natural oils from your skin. Use a mild, fatted or glycerin soap and only use soap on your face, underarms, genital area, hands and feet.

* Moisturize. After a bath, apply baby oil while still wet or pat your skin dry and immediately apply a moisturizing lotion to trap moisture in your skin. For very dry skin, a product in which petrolatum is one of the top three ingredients is advised. Products

containing glycerin, lactic acid or urea provide an extra boost.

* Drink enough water. Being well hydrated moisturizes your skin from the inside out.

Skin cancer update:

In spite of all advice about prevention of skin cancer, about 1 million cases are diagnosed annually. Of those, the American Cancer Society projects 60,000 cases of melanoma this year, which will cause 8,100 deaths.

Dermatologists are seeing more melanoma among women 20 to 29 years old who used tanning beds.

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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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Or E-mail To: customerservice@estarelectric.com



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

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