



*E*Star Electric, Inc.*

Around The House

MAY, 2010

NEWS THAT HELPS THE FAMILY.



Lead Paint Certified Remodelers in Short Supply

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Homeowners planning a remodeling project this spring may not be able to find a qualified remodeler if a new regulation from the U.S. Environmental Protection Agency (EPA) goes into effect as scheduled, according to the Greater Houston Builders Association (GHBA). The regulation aims to reduce exposure to lead paint that may occur when a home built before 1978 is remodeled.

As of last month, the EPA will require many contractors working in homes built before lead paint was banned to be trained and certified under the Lead Paint: Renovation, Repair and Painting rule (LRRP). Contractors subject to the rule include remodelers, carpenters, plumbers, heating and air conditioning workers, window installers and others who disturb more than 6 square feet of lead paint covered surfaces.

“Remodelers are concerned about protecting children from lead. In fact, an NAHB study found that professional remodelers leave a home cleaner than when they begin work,” said Kevin Holland, president of the GHBA. “Our members are working hard to get certified by the deadline so that they can keep families safe from lead, but EPA hasn’t approved enough trainers to allow all professional remodelers to be certified on time.”

Home owners will need to ask their remodeler if they are an “EPA Lead Certified Firm” and have a trained and certified renovator on staff because only these firms will be able to work legally in homes built before 1978 as of April 22. GHBA can help consumers find certified renovators and has information on safe work practices while working in homes with lead paint.

Inside This Issue:

- Avoid These Airline Health Risks
- Builders Show Faith In Housing Market
- Wii Caution – Watch Out!

Plus much, much more!!!



“As dogs, maybe we’re no good at remembering faces because we do our greeting at the opposite end.”

Prevent A Stroke With Medication, Healthier Lifestyle

A TIA (transient ischemic attack) is an episode of stroke-like symptoms that disappear without noticeable injury. People often think that if they have not had a TIA, they won't have a real stroke.

Not true. A TIA precedes only one in eight strokes, according to researchers at the University of Western Ontario.

Dr. Daniel Hackman, who led the study, says individuals should assess their risk for a future stroke by having their risk factors checked, including smoking, diabetes, cholesterol and blood pressure levels, and weight management, which is done with a

primary care provider.

A TIA is a warning sign that a major stroke may occur. About 11 percent of those experiencing one have a stroke over the next three months, about 20 percent of these strokes are fatal and two-thirds are disabling.

Symptoms of a TIA are the same as those for a major stroke: poor balance, slurred speech or a droopy face, one side of the body is weak or numb, vision is all or partially lost, and there may be a severe headache. Anyone with any of these symptoms should go to the emergency room immediately.

The risk of a disabling stroke after a TIA can be reduced when risk factors are managed with medications to thin blood, drugs that lower cholesterol and blood pressure, exercise, and a diet high in fruits, vegetables and whole grains, but low in salt and saturated fat. These steps are advisable for everyone.

People who never had a warning sign were more likely to have a major stroke than those who did. They were more likely to die at the hospital, more likely to have a heart attack while in the hospital, and less likely to be able to go home instead of to a nursing home.

How To Avoid Dangerous Airline Health Risks

Commonly known ailments include colds and respiratory infections, joint aches, jet lag, and even deadly *pulmonary embolism*. Here are a few tips for preventing these problems:

Stop Backache and Neck Pain: Place a rolled blanket behind your lower back. Consider using a U-shaped neck pillow. And consider these two exercises during your flight: 1) Head Circles: tilt your head gently in a circular motion to the front (chin down), then to the right, then back, then to the left, and front again. 2) Shoulder Circles: shrug

your shoulders in a circular motion up, back, and down.

◆ **Lower Your Risk Of Pulmonary Embolism:** A potentially deadly condition formed when a blood clot forms in your leg, then breaks away and travels to your lung where it cuts off your oxygen supply. To keep blood from pooling in your legs and lower body, take periodic walks during your flight. During your walks, stand on your toes and rock back and forth on your heels. If you cannot walk easily, perform heel rocks while in your seat – lifting your

heels and rocking them back and forth to your toes. Also, consider leg lifts and straight leg exercises while in your seat.

◆ **Beating Jet Lag:** There's a natural supplement you can take called Melatonin to reset your biological clock after your arrival (check with your physician). Before your new bedtime, take one to three mg. of Melatonin. Continue each night for two days if you're still having trouble adjusting. Also, consider getting outside exposure to the sun after your arrival.

The Real Roller
Coaster Risk

Everybody's going to die sometime, but probably not from a roller coaster ride. Here are the deaths in 2002 from various causes:

Roller coaster rides, 2
Spider bites, 10
Hot tap water, 40
Bathtub drowning, 352
Falls from a bed or chair, 785
Transportation accidents, 48,664.

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***Around The House Tip Of The Month:
“How Much Garden Can You Handle?”***

Absolute beginners can take a tip from Cornell University's Department of Horticulture. New gardeners can skip the investment in tools, fencing, raised gardens and the like by starting this way:

Dig up a 4-foot square in your lawn and sprinkle lettuce seeds on it.

No fertilizer is needed because lettuce will grow any place grass grows.

You won't have to pull weeds, because if you sprinkle enough seeds, weeds won't have a place to grow.

Your 4 x 4 garden will fill the family's salad bowl for about six weeks. The lettuce will be fresh and more nutritious than what you buy in the supermarket.

In May, gardeners are eager to get started on the real thing. They want fresh air, exercise and the cash savings that come from growing their own produce.

But how much can they save?

According to Burpee Seed Company, a pack of green bean seeds will produce a \$75 crop. The lowly potato will give back at least \$5 for every \$1 in seeds that you sow.

Six tomato plants can produce 12 to 15 tomatoes a day at their peak, enough for eating, cooking, and freezing for winter stews or spaghetti sauce. Six pepper plants will do almost the same thing.

If you have the space, a few rows of sweet corn will produce more than you can use, but it's good eatin' when you cut the corn from the cob, bring it to a boil and freeze it for the winter.

Amateurs are excited about getting started. They love to see their new sprouts and developing vegetables. Unfortunately, when the hot summer sun comes their way, the faint of heart and weak of muscle may forget the whole thing and head for their air conditioned sun rooms.

The moral of this story: Don't plant more garden than you can maintain.

May Sudoku

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7			9	2			1	
				8				3

Builders Show Faith In Housing Market

Sales of newly constructed homes and contracts to build them are way off from the peak year of 2005. But cash-rich builders are betting on a turn in the market for new homes. They are buying land again. In some cases, builders are competing with each other for the best locations.

As with other companies on the stock market, large builders have seen the price of their shares almost double in the last year. The number of lots owned or controlled by a dozen of the biggest builders rose in the second half of 2009, according to a recent study.

They are scooping up bargains and buying what they need to meet expected demand for some time to come, showing faith in new home sales for this year and next year.

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!

Suzanne Keeton
Charles McNaught
Anne Curtis

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

Kitchen Remodeling Trends of 2010

DOCTOR'S LIVE-LONGER ADVICE

- Exercise every day. Lift weights once a week and stretch every day.
- Get 15 minutes of sun every day to keep up your vitamin D levels.
- Eat uncooked whole foods to naturally rejuvenate your body.
- Sleep more than seven hours.
- Have purpose in your life. Love living it.

Furniture-style storage: Storage for tableware and more is no longer limited to the kitchen cabinets or dining room. To break up the all cabinet look, many designers are using hutches or armoires for kitchen storage. The newest wave of serious home cooking mean growing collections of cookbooks, so dedicated bookcases for the cook's library are the order of the day.

Expanded-function elements: From sinks that include built-in colanders and cutting boards to drawers with adjustable dividers, elements are incorporating new features to make the space more convenient and better-functioning for everyday use. Casters on smaller kitchen islands can be moved around with ease, allowing them to be placed where needed.

Faucets: Sensor-triggered faucets allow the user to wash his or her hands or fill a pot without needing to touch the handle. Some models turn on or off with just a touch of a wrist or elbow anywhere on the faucet, so you don't need to use your messy hands – keeping things cleaner and more sanitary. The water stays the same temperature as the last use until you adjust it again.

Backsplashes: The backsplash is a highly visible area and is the perfect spot to get a custom look at a relatively low cost. Metal tile is a striking, easy-care option. Solid color blocks in bright tones can also add instant punch to the room.

Have Faith In Yourself, A Positive Outlook

Want to live a longer, healthier and more successful life? An optimistic outlook can help you achieve all three.

Researchers at Yale University say people who think positively live 7.5 years longer than those who don't. The effect was more important than lower blood pressure and cholesterol levels.

An optimistic outlook is not something you are born with. It's a character trait that can be achieved. If your outlook is generally gloomy, changing it to positive isn't easy. It takes work and repetition. When you are aware of your feelings, decide to be positive instead of negative. It might feel as if you are faking optimism, but after a while the optimism will be real.

Motivational author Charles Kovess says it's important to remember that you are bound to meet negative people. Don't let them throw you off course. He recommends being grateful for all experiences because we grow stronger by getting through the negatives.

Our actions are the results of our beliefs. If we have positive beliefs, we will take positive actions.

In his ground breaking book, *The Power of Positive Thinking*, Dr. Norman Vincent Peale says: "Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy."

Easy-To-Grow Herbs Will Enhance Your Favorite Dishes

Basil: This annual is the perfect companion for dishes that include tomatoes. Trim the stems, leaves and flowers to make the plant more productive.

Chives: A perennial, it adds flavor to soups, fish and potatoes. Snip the entire stem if you remove a flower bud.

Parsley: It grows for two years and adds flavor and color to fish and other

dishes. Clip flower buds when they appear in the second year. Likes a sunny location, says Patricia Lanza, author of *Lasagna Gardening with Herbs*.

Rosemary: A perennial, but it doesn't like cold climes and may not appear there after the first year. Its stems add flavor to vinegar or olive oil. Leaves are great in lamb dishes and sauces. Don't overwater the plant.

Sage: Used as a seasoning for meats, sauces, stuffing and soups. Hummingbirds like the plant's flowers.

Thyme: A perennial herb, it is good for seasoning chowders and soups. It will grow in rock gardens.

Wii Caution: Watch Out!

Exercising at home or in the gym can be a safe pursuit, relatively speaking. The Nintendo Wii is a favorite. You don't have to worry about your opponent punching you back, for example.

The most common physical problem is sometimes called "Wii-itis," sore wrists and shoulders caused by overuse of the motion-sensitive remote, which doubles as a golf club, tennis racket and sword.

One injury, described in the *New England Journal of Medicine*, involved a girl who broke her foot by tripping off the balance board of her Wii Fit game.

The board can be used for virtual ski jumping, snowboarding and other activities.

Onlookers aren't exactly safe either. If they happen to be walking by or standing too close, they can be hit by a remote in the hand of an enthusiastic player.

One woman fell chest-first on a sofa corner during a vigorous Wii tennis session. She suffered internal bleeding, according to *USA Today*.

In 2008, about 1,500 people went to emergency rooms for treatment of injuries caused by indoor exercise equipment,

including treadmills, weights and elliptical machines. The Consumer Product Safety Commission says these were only the reported cases. They estimate the real number to be about 50,000.

People who hurt themselves have usually ignored the safety instructions that come with a machine, or they tried to do too much too soon.

The benefits of exercise, however, greatly outweigh the risks.

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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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Mail To: 3734 131st Ave. N., Suite 11, Clearwater, FL 33762

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3734 131st Ave. N.
Suite 11
Clearwater, FL 33762

Ph: (727) 209-3413

Fax: (727) 573-9083

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

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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