



*E*Star Electric, Inc.*

Around The House

JUNE 2010

NEWS THAT HELPS THE FAMILY.



Vacation Memories: How To Make Your Time Off More Meaningful

- [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](#)

To make the most of your next holiday, consider this advice from economists at George Mason University.

Spend your money on experiences rather than things. It's nice to have fancy wood or stone carvings, but as time passes the memories of what you did and saw will be the most important things that stick with you. Go see the Grand Canyon, take a dip into the ocean or check the view from a mountaintop.

Go somewhere different. You can visit relatives some other time. If you always go to the lake, don't do it this year. Travel to an exotic island or country or visit one of our great National Parks.

Wherever you go, eat the local fare instead of a steak or burger. Go on a sight-seeing trip, get a full-body massage or have a pencil drawing made of you and your partner. Do things.

Go with the flow and deal with problems pleasantly. Vacations aren't serene 24-hours a day. There will be stress. Because everything is different, there are more chances of making mistakes, say the experts.

Be flexible and don't expect perfection. You could forget your favorite sunglasses or run into a disagreeable cab driver. A minor disaster will make a great story to tell when you get home.



"I called this meeting so we could all just clear the air."

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Inside This Issue:

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- [June Is Outdoors Month!](#)
- [What Is The Color of 2010?](#)

Plus much, much more!!!

Driving Is Safer ... But Safety Still Depends On The Driver

Cars have changed since Ralph Nader wrote his highway safety book, *Unsafe At Any Speed*. In 1966, 51,524 people died in traffic accidents or about 5.98 deaths per 100 million miles driven.

In 2008, there were 37,261 deaths, or 1.27 per 100 million miles driven. This is a huge reduction from 1966.

The number of deaths declined again in 2009 to 33,963, an 8.9 percent reduction from the previous year. Fatalities have fallen every year since 2005.

Transportation Secretary Ray LaHood says that's good news, but nothing for the individual driver to become complacent about.

Check these safety factors:

* The most important player in safety is still the individual driver. Those who keep their hands on the wheel (instead of holding a phone or a hamburger) and focus on the road are more likely to stay safe.

* Highway engineering improvements have helped. They include median barriers to prevent head-on collisions, rumble strips and strips on the sides of roads to alert drivers that they are running off the road.

* Safety Improvements in vehicles have reduced fatalities. They include features such as anti-lock brakes, stability

control systems, tire pressure monitoring systems, rollover protection and side air bags.

* Buick, Ford, Lincoln, Volvo, Infinity and others offer blind-spot detectors that activate flashing lights to indicate vehicles in the blind spot.

* Many vehicles now have a Power Pedal system that helps the car stop if the engine accelerates on its own.

In the end, when you are behind the wheel, driving safely is the best protection. Statistics are down, but far too many people are still being killed on our highways. You don't have to be one of them.

Call Today To Learn
How to Save On Your
Next Home Project!

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Safety And Beauty Of Your Home

Lighting can do more for your home than make it look awesome to people on the street. It can make it safer in many ways. Some areas to consider:

First, identify areas you use at night and check for hazards. Illuminate the steps and the door so you can easily put your key into the lock.

Make sure walkways are lighted so no one trips on whatever you forgot to pick up. Uneven ground is also a potential for falls and should be lighted.

Think about your driveway and garage areas. Use lighting to direct people to the safest routes by placing lights along the pathways you want them to follow. Home advisor Bob Villa says areas around the pool and leading to it should be lighted as well.

Architects at the University of Kentucky have confirmed that having an area lighted helps deter crime. Check for dark spots around your home that could be used as hiding places for

thieves. Test these areas by asking yourself if you would be uncomfortable walking there in the dark.

Selecting LED light bulbs is a good investment. They produce more light per watt than any other bulbs. They last up to 100,000 hours when incandescent light bulbs last only 20,000 hours. That also means you won't have to change them as often.

Stroll through local stores to find deals on exterior light fixtures.

**Monthly Helpful
Hint:
Cleaning Glass
Tea And Coffee
Pots**

Salt can be effectively used to clean glass tea and coffee pots. Add some salt to the pot, drop in some ice cubes, swivel the mix and lo, the pot will come out sparkling clean. For removing tea stains in china crockery, rub these with salt.

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Around The House Tip of the Month:

***“Smaller Remodeling Projects
Can Have A Big Effect”***

Most real estate advisors say you shouldn't remodel just to sell your home, but in some cases, remodeling while waiting to sell makes sense. A few years from now, you might be able to sell for more.

In the meantime, you can make your place more comfortable. You'll get most of your money back when you do sell, but for now, you could have a new room configuration.

In her book, *Not So Big Remodeling*, Sarah Susanka helps homeowners use existing space better. Some of her advice on remodeling projects:

Set priorities. Consider quality, quantity and cost. Determine which two are most important and let the other "float."

Study your space. Determine what you could do with the existing floor plan. Consider activities to be accommodated, realizing that the space needed might not be an entire room.

Consider storage. A good design can replace a lot of poorly designed areas, opening up floor space in rooms that don't function very well now.

Add a few feet. Bumping the house out a little can contain costs, maintain a house's scale and make one or more rooms larger, says Susanka.

Add a room carefully. If none of these solutions are adequate, if your budget allows, a small addition is an option. Consider what the house will look like from all sides.

There's another reason why remodeling right now makes sense. Some material costs are lower than in the past and contractors are looking for work. They could make you a good deal.

If you have postponed a needed renovation, want to replace a rotting deck or put on a new roof, this could be the best time in years to do it, say the editors of Money Magazine.

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 of this puzzle is "easy."

Easy does it sudoku

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

Cost Of The 2010 Census

The cost of this decade's Census will come to some \$14.5 billion. That includes about \$2.5 million spent on Super Bowl advertising, but the Census Bureau thinks it was worth the price to reach many of the 134 million households that will receive the 10-question form. The main costs:

- ◆ \$2.74 billion for follow up of those who didn't return their forms, the most costly individual part of the Census.
- ◆ \$2.05 billion for IT systems used in the collection and assessment of information.
- ◆ \$1.5 billion for regional and local offices and staff.
- ◆ \$4.3 billion for various headquarters costs, planning, research and miscellaneous expenses.
- ◆ \$257.2 million for postage.

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!

- John Corwin, Largo, FL**
Miguel Hall, Clearwater, FL
Marsha Barnes, Clearwater, FL

Air Filters May Improve Heart And Lung Health

A high efficiency particulate (HEPA) filter will remove fine particulates from your air. The particulates can be produced by cooking, candles, mold, smoke and many other sources.

The filters are used in stand-alone air cleaners, such as those found on the Web and at Lowe's and other home improvement stores. Some vacuum cleaners have HEPA filters or can be fitted with one.

Studies reported by Duke University show HEPA-filtered air improved microvascular function by up to 8.1 percent within 48 hours. Microvascular function indicates how well blood vessels respond to the body's demands for oxygenated blood. Long-term use may lead to greater reduction in lung and cardiac risk.

Safe At Home? Well, Sort Of.

Home is usually the safest place you can be, but when you are outside it is important to be extra cautious. For example:

Lawn mower: It's the most dangerous tool you have. It can throw debris into your eyes or those of bystanders. It can cause serious injuries to hands and feet.

Remove twigs, sticks and rocks before mowing. Keep children and others away. Wear safety glasses with side shields and wear sturdy shoes, not sandals. Use hearing protection.

Electric hedge trimmers: Every year emergency rooms see many people with fingers mutilated or clipped off.

Wear sturdy gloves and shoes while trimming. Wear long pants and don't lean over too far or you could lose your balance and fall. Turn the trimmer off to clear it of debris.

Electric garage doors: They have heavy springs on each side. If one loosens, it can hit your head or take off a finger.

Always have garage doors serviced by a professional.

Poison ivy, oak and sumac: Even brushing against one of these can cause a painful rash. If you, your clothing or your tools come in contact with them, wash the body area or the object immediately with soap and water, even beer or soda can help.

Better yet, use rubbing alcohol.

Swimming pools: Never dive headfirst into water if you are not sure of its depth. Have flotation devices available for swimmers who get into trouble. Never let unsupervised kids into the pool area.

COLOR OF YEAR FOR 2010

Spring carrot orange was the hot color at recent wholesale furniture shows, where furnishings are introduced before they hit the stores. Orange showed up on dining room chairs and splashed into area rugs and accessories.

Turquoise, however, was voted the color of year for 2010. One designer says turquoise is perceived as a color of hope, healing and compassion.

The Core Of Strength, And Why You Should Focus On It

Exercises that increase core strength are all the rage among everyone from top athletes to fitness buffs and people who just want their bodies to be strong.

The Mayo Clinic recommends strengthening the muscles in your back, pelvis, hips and abdomen because they work together to maintain your balance and stability.

No special equipment is needed because any exercise that uses the trunk without support counts as a core exercise. Abdominal crunches qualify. Push-ups count too, as do push-ups on your knees or standing

against a wall.

Want to tone your abs? Core exercises strengthen and tone abdominal muscles. To reduce belly fat, however, you need aerobic activity.

With a strong core you help prevent lower back pain and muscle injuries. A strong core makes it easier to do everything from swinging a golf club to tying shoes.

Core exercises don't take much time, especially at first. Gradually work up to 10 to 15 repetitions of each exercise two or three times a week.

Try these core exercises:

The Glute Bridge: Lie on your back with arms at your sides and knees bent. Lift hips until knees, hips and shoulders are in a straight line. Hold for two or three seconds.

Lateral Pillar Bridge: Lie on your side propped up on one elbow. Lift your hip to make a straight line from ankle to shoulder. Hold for 15 to 30 seconds.

Plank with Arm Lift: Start in a push-position. Without moving your torso, lift the left arm up and slightly to the left. Hold one or two seconds and then switch to the other arm.

June is Great Outdoors Month

June 2010, the 7th annual Great Outdoors Month, highlights the benefits of fresh air, exercise and volunteering at the park.

Another focus of this special month is the younger generation. Kids, teens and 20-somethings are spending too much time with their computers, computer games and television sets.

In June, we hope to lure them outdoors more often. Maybe in the months that follow, they will continue to enjoy playing catch, jumping rope, swimming and water skiing, or playing tennis.

Let young people know that volunteering at the park will help them meet new people while doing good work. Whether they help to build a shelter, clean up the picnic area or sell popcorn at a ball game, they will be spending time outdoors and meeting people who could become their friends.

June is the best time of year to take advantage of all the activities available at parks. Local parks have gone to a lot of expense to make sure their ball diamonds, tennis courts, swimming pools and hiking trails are ready for you.

But don't let the kids have all the fun. No matter what your age, going to the park is always enjoyable.

As always, take sunscreen with you. Better yet, apply it at home before you leave. Wear a wide-brimmed hat and reapply sunscreen every few hours.

When it's time to "sit a spell," find a big tree and sit in the shade.

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Address _____

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

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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