



# E\*Star Electric, Inc.

## Around The House

JULY 2010

NEWS THAT HELPS THE FAMILY.



### Reach Investment Goals With Patience

If you've been reading about investments, watching those hot-investment stories on TV and wracking your brain over how to get the best returns, one authority has advice for you: *Relax and follow these steps.*

- [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](#)

\* **Forget the hot stocks.** Too many go bad and end up in a loss. Instead of trying to predict tomorrow's big gainers, choose a mix of five or six funds that cover assets such as large and small U.S. stocks, foreign shares, bonds, natural resources or other inflation hedges.

\* **Invest for the long term, not for next year's stock returns.** You can't pick winners year after year. Some will end up going down as fast as they went up.

\* **Consider a fund's expenses.** You never hear people bragging about their low mutual fund expenses because high returns are more fun to talk about. Money advisor Stephen Lewis analyzed stock funds over a 15-year period. His conclusions agree with those of Burton Malkiel and Charles Ellis in their new book, *The Elements of Investing*, "The higher a fund's fees, the lower its average return over time."

\* **Don't panic.** The stock market goes up and down and sometimes crashes. Those who often lose a lot can't blame the market entirely for their misfortune. When things are going well, they put more into risky assets, making them more vulnerable.

Realize that the market will turn around, so don't sell your stocks or funds when prices are very low. The less you fiddle with your investments, the fewer mistakes you will make, says Lewis.



"You know, if you followed my tweets you'd know what we're having for dinner."

### Inside This Issue:

- [Keep Cut Flowers Alive](#)
- [How To Make Silver Shine Again!](#)
- [Get Rid Of Those Back Pains Today!](#)

*Plus much, much more!!!*

## Dealing With Downed Power Lines

### Outside

Be it a hurricane, tornado or a strong straight-line wind, when it happens, power lines are likely to fall.

Never touch one. When you are standing close to a downed line, you are grounded. If you touch it, you could be electrocuted. In case you wondered, birds can sit on power lines because they are not grounded.

### In a car

If a power line falls on your car, stay inside.

Use your horn to attract attention. Roll down your window when someone approaches and ask them to dial 911 to report the situation.

If you must exit the vehicle, remove all loose clothing that could touch the outside of the car. Jump clear of the car, trying not to touch the outside of it and the ground at the same time. Try to land with both feet together.

### At home

When downed lines cause a power outage,

a generator is a valuable tool. Because you don't often use it, be sure to check the manufacturer's instructions for starting and running it. In general:

- ◆ Never plug the generator directly into your home's wiring.
- ◆ Use proper power cords and proper grounding.
- ◆ Don't use it indoors or in an attached garage, carbon monoxide could enter the house.
- ◆ Never refuel the generator while it's running.



## Several Countries, Six U.S. States Work Toward Zero Traffic Deaths

In 2009, there were 1.6 traffic fatalities in the United States per 100 million miles traveled. It was the lowest number since 1950, but traffic and safety officials say we can do much better. Some are pushing for a goal of zero traffic fatalities.

While the goal is probably not achievable, a new coalition of safety advocates, transportation officials and police are urging Congress to set a national goal of reducing annual traffic deaths by half over the next 20 years.

The approach, called Toward Zero Deaths, hopes to alter behaviors

that cause fatalities. Speeding is involved in more than 31 percent of road deaths, drunken driving in 32 percent and distracted driving in 16 percent. About 55 percent of those killed in passenger cars were not wearing seat belts, according to the National Highway Traffic Safety Administration.

Zero-deaths proponents say technological safety advances in vehicles will be a major factor in moving toward their goal. They include cameras that detect when a driver is drowsy, technology that causes a car to vibrate

when the driver leaves the lane, electronic stability controls that reduce fatalities in rollovers and alcohol ignition interlocks that prevent inebriated drivers from starting vehicles.

Idaho, Minnesota, Oregon, Utah, Washington and West Virginia have adopted statewide versions of the zero-deaths program.

The zero-traffic deaths concept called Vision Zero was developed in Sweden in 1997. Other European countries that implemented it include Germany, Italy, the Netherlands and Portugal.

**Monthly Helpful  
Hint:**

**Keep Cut  
Flowers Alive**

Give them sugar for nourishment and an acidic ingredient like lemon-lime soda or aspirin, which allow flowers to easily absorb water. A drop of bleach prevents bacteria from forming and extends life.

***E\*Star Electric, Inc.***

***Around The House Tip of the Month:***

***“Homeowners: Look To The Attic For New  
Remodeling Space”***

Remodeling a home can provide more living area without building on extra rooms. Now that the economy is moving in the right direction, more homeowners are investing in revamping existing space in the attic, basement, porch or garage.

The attic is a popular destination for a new bedroom. But homeowners are also using attic space for an office, exercise room, movie screening room, a spa or as a private getaway for meditation.

Empty nesters are remodeling too, but they are not looking for more space. They just want it reconfigured.

People with adult kids or retired parents living with them have a need for more privacy. According to a recent survey by AARP, a full third of respondents ages 18 to 49 reported living or having lived with parents or in-laws.

With a still iffy real estate market, homeowners are deciding to take advantage of the 400 or 500 square feet they can find in the home they have.

Attic conversions can be tricky. They can include building stairs, reinforcing the floor so it can hold furniture, adding a window or two and routing wires, ducts and pipes.

A survey last year by the Home Improvement Institute showed that one in five remodelers planned to focus on the attic in 2010. The industry hopes attic conversions will provide a much-needed \$225 billion boost in sales, according to Smart Money magazine.

One industry survey shows that 83 percent of attic remodeling costs can be recouped when the house is sold.

During the housing boom, high-visibility rooms like kitchens, master suites and family-room expansions were popular among remodelers.

Now, homeowners are looking for space to put a grown kid or a parent.

**How to solve wordoku puzzles**

To solve this wordoku, you only need logic and patience. Only the center (gray strip) forms a word, the rest of the blanks do not necessarily form words.

First, make a list of all the letters shown in the grid. (In this case, they are O, L, E, A, N, S, T, C, I.)

Make sure that each 3x3 square region has one of these letters with only one occurrence of each letter in each region.

Each column and row of the large grid must have only one instance of the letters in the grid.

Letter logic wordoku

		O					L	
				E	A			
			N					O
		L					A	
	O		S	T				
					N	T	C	
	I			N	E	C	O	
				C				A
						E	I	

Hint: The letters in the shaded center section spell out "coastline."

**Making Silver Shine Again**

1. Using silver polish, start with thick, soft cloths and apply silver polish according to label directions. Rub the polish onto one utensil at a time going in an up-and-down direction. Liquid polishes are less likely to create tiny scratch marks. Work the polish into tight areas such as between the tines of forks or between pattern crevasses. If it is an antique piece where areas are part of the decoration, leave the shading in. Rinse and polish dry with a soft cloth.

2. Using aluminum foil, you can get results that are almost as good but a lot less work, say the editors of Good Housekeeping. Line a plastic basin with foil, shiny side up. Place silverware inside, making sure all pieces are contacting the foil or touching a piece that is. Add 1/4 cup of baking soda to one gallon of water, stir, pour over the silverware and let stand for 10 to 15 minutes. Wearing rubber gloves, remove the silver. Rinse and buff with a clean soft cloth.

**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! We look forward to working with you again in the future!

**Heather Brandt, Indian Shores, FL**

**Erik Butler, Gulfport, FL**

**Kris Reynolds, St. Petersburg, FL**

## How To Avoid Heat Stroke

If you become overheated when spending hours outdoors in hot weather, you could lose your ability to sweat. That can cause heatstroke, in which body temperature can rise to 104 degrees. It can cause brain damage or cardiac arrest.

To keep your cool and avoid a heat stroke, drink a lot of fluids, about a half ounce per pound of body weight daily. Water and sports drinks are better than carbonated drinks. Wear a hat and light-colored clothing.

If you experience dry mouth, dizziness, nausea and fatigue, you need to take action immediately. Find a cool, shaded area. Get in front of a fan or get into your car and turn the air conditioner on high. If you don't feel better in a few minutes, have someone take you to a first-aid station or emergency room.

### ATTENTION MEN: HELP WITH HOUSEWORK

The Family and Work Institute says that men are increasingly sharing the housework. It's good news for women who work outside the home. The institute says this sharing could be one reason why divorce rates have been falling for several years.

Sociologists tell us that the best way for a married man to have more sex is to do more housework. A married woman who is not exhausted at the end of the day is more likely to want intimacy.

## Drug-Free Back Pain Solutions Aim At The Effect Of Gravity On Your Body

At the Cleveland Clinic department of Sports Health and Orthopedic Rehabilitation, they say that even if you have been diagnosed with arthritis or a disk problem, the real cause of your pain could be gravity.

Your spine is like a stack of blocks with a weight on top ... your head. A movement that takes the stack out of alignment, such as thrusting your head forward, causes imbalance.

If your head is forward as you sit or walk, your shoulders become stressed. If your shoulders and upper back are rounded at the same time, your lower back is stressed. Whether you are standing or sitting, good posture is one key to freedom from back pain.

Exercises can help back pain as well. To do shoulder blade retractions, stand in an upright position; squeeze your arms straight back 30 or 45 times. Do it several times a day.

Lower back pain is a signal that the spine is out of line. If the lower back muscles that hold you up are stressed by overuse, such as too much bending and lifting, they can lose their ability to stabilize the back.

Sitting for long periods creates a high compression force on the lower back. If you sit with poor posture, you can overstretch back muscles to the point where the ability to stand or sit with good alignment is reduced. Prolonged sitting also causes hip flexors to shorten and tighten, pulling on the lower back muscles.

The bridge exercise helps the mid back and thighs become stronger and more flexible. To do it, lie on your back with your arms at your sides with knees bent.

Contract your abdominals, buttocks and back of the thigh muscles. Keep your back straight. Lift the pelvis off the floor and hold a second or two. Lift 12 times. Do it three times a day.

The clinic's Arthritis Advisor says: During most of your daily activities, your head has to be aligned with your spine, and your spine needs to be in a neutral position.

## Congress Approves Benefits For Families Caring For Veterans

Caring for a severely wounded veteran of Iraq or Afghanistan can be a full-time job. Some parents and spouses have given up their outside jobs in order to care for a loved one.

A newly approved measure by Congress opens the door for the Veterans Affairs Department to offer assistance to those veterans' families.

House Veterans Affairs Committee Chairman Bob Filner, D-Calif., said the bill represents an understanding that the

sacrifices of veterans are shared among us all as Americans.

Caregivers of the estimated 2,000 severely wounded veterans from recent conflicts would be eligible for training, a monthly stipend and health care.

One veteran's wife, who testified before the House, is caring for her husband who has brain damage, is blind in one eye and is paralyzed on one side from a 2005 rocket grenade attack in Iraq.

The caregivers of veterans

from other eras will be eligible for more limited benefits, but their benefits could be expanded within two years.

The bill passed the House of Representatives unanimously on April 21 and approved in the Senate the next day.

It also offers post-delivery care to female veterans' newborns; expanded funding for assisting homeless veterans and those in rural areas; and funding of a study on veteran suicides.

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How to Save On Your  
Next Home Project!**

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## Ethanol Pipeline In The Works

The U. S. economy could be another step away from oil dependence if an 1,800-mile ethanol pipeline is constructed across the country.

Poet Ethanol Products and Magellan Midstream Partners have formed an alliance to stretch the pipeline from the corn-rich ethanol production areas in the Midwest to the East Coast.

The 20-inch diameter conduit would cost \$4 billion dollars, create 80,000 jobs during its fabrication, and employ about 1,100 people when completed.

In 2008, Kinder Morgan Energy Partners successfully tested a model of the proposed pipeline and said the technology had worked. Existing multi-purpose pipelines are subject to corrosion by ethanol, so a new line of materials, possibly polymers, would be used to make the valves, gaskets and seals.

Three initial loading terminals for the pipeline would be in Iowa. It would have feeds from ethanol and proposed ethanol plants in the Dakotas, Minnesota, Wisconsin, Kansas, Missouri, Illinois, Indiana and Ohio.

Its projected route has it transecting in Iowa, Illinois, Indiana, Ohio and Pennsylvania and ending in New Jersey. It would pass through several major cities, including Cleveland/Akron, Pittsburgh and Philadelphia.

Poet is currently the largest marketer of ethanol, biofuels and denaturants.

The two firms seem to be a perfect match for construction and operation of the pipeline, which could bring the environmental-friendly fuel from the heartland to the big cities of the East.

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Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

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3734 131<sup>st</sup> Ave. N.  
Suite 11  
Clearwater, FL 33762

Ph: (727) 209-3413

Fax: (727) 573-9083

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**\$30 off Home  
Generator  
Installation**

Expires August 31st, 2010.  
Not valid with any other offer.

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