



E*Star Electric, Inc.

Around The House

NOVEMBER, 2009

NEWS THAT HELPS THE FAMILY.



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Home Handyman Takes Risks!

Before climbing a ladder to fix the roof or sharpening a knife to cut floor tile, it would be wise to consider whether the risk is justified.

It will cost more to hire a plumber, roofer or contractor to do the job, but in the long run, it could save money and pain. Unless you are experienced and physically capable of doing these jobs, you could end up in the ER.

The American College of Emergency Physicians reports a significant increase in injuries from do-it-yourself projects in the past year. Injuries included:

- ◆ People who accidentally shot themselves with a nail gun;
- ◆ Those who broke a bone or suffered a brain injury when they fell off the roof while doing minor repairs;
- ◆ People who had eye injuries;
- ◆ A person who cut off his thumb while cutting tile.

The National Institute for Occupational Safety and Health recommends that homeowners consider the risks before starting a project. They should evaluate their skill level first.

There's another reason for getting professional help for a remodeling project. The end result will be better, sometimes a lot better. And the cost of repairing a mistake could cost more than hiring a professional.

Paul Zuch, president of the National Association for the Remodeling Industry, says hiring a contractor is also a better bet because it gives homeowners someone to blame if the project doesn't turn out as they hoped.

Otherwise, they can only blame themselves.

Inside This Issue

- Life Expectancy At An All Time High
- 5 Steps To A Beautiful Kitchen
- Q&A on H1N1

Plus much, much more!!!



"I can live with you not wanting to push the envelope, but your refusal to think outside the box..."

Only 2% of People Are Able To Safely Multitask While Driving

Texting and dialing create more danger on the road than any cell phone-related activity. The National Highway Traffic Safety Administration, however, says using the cell phone at all is a serious safety hazard on the road.

The Senate is considering a bill that would require all states to ban texting while driving; 17 states and the District of Columbia have already passed a ban. Seven states have outlawed driver use of hand-held communication devices altogether. (A 2008 nationwide survey showed that only 63 percent of

phone users say they would obey such laws.)

There is no way to know how many accidents are cell phone-related but David Strayer, a professor at the University of Utah, estimates that only 2 percent of drivers can safely multitask while driving. They are the same people who would make good fighter pilots.

In his studies, people who were legally drunk had fewer crashes when they were sober and talking on a phone.

Some authorities believe

that hands-free technology makes mobile phones safer. But talking to someone on the phone is different from talking to a passenger. The passenger helps the driver observe dangers on the road. Often in Strayer's studies, the passenger stopped or started talking according to roadway conditions.

At Johns Hopkins University, scientists have discovered that when people direct their attention to sound, the visual capacity of their brain decreases.

Sudoku's Challenger Comes Of Age

Just as puzzle lovers are becoming used to solving Sudoku, a new type of puzzle has come into the field. Welcome KenKen. It is fast becoming a favorite with math lovers.

The brain teaser, designed by educator Tetsuya Miyamoto of Japan, began life as a teaching game for children but soon pushed into adult territory. KenKen is defined as "cleverness or wisdom squared" in Japanese.

Based on arithmetic, each KenKen puzzle involves some or all of the functions of addition, subtraction, multiplication and division. Within sets of boxes called cages, the solver performs the necessary mathematical function to reach a

specified number.

Typically, a puzzle can range from 3x3 to 9x9 squares and, like a Sudoku, the difficulty of the puzzle can range from easy to hard.

KenKen is said to improve a player's power of concentration, perseverance and logic. Children can learn basic math skills while having fun using simple KenKen puzzles.

With Christmas coming, KenKen may prove to be a popular gift. Some of the books are of a size to be a stocking stuffer while others can be wrapped as full-fledged presents.

Puzzle expert and New York Times Crossword

Puzzle Editor Will Shortz is the author of many of the KenKen books, which can be found online and at bookstores.

Want to experience this new puzzle rage yourself? Visit New York Times online (www.NYTimes.com/kenken) which is running six puzzles each day. Or check out www.kenken.com where a sampling of puzzles is presented for your enjoyment. While there, you can sign up for the KenKen Newsletter and receive free puzzles to print out at home.

How to Use a Fire Extinguisher

To quickly get a fire extinguisher going, and then use it properly, remember PASS:

P: Pull. Pull the pin to discharge material.

A: Aim. Aim low. Point to spray at the bottom of the blaze first.

S: Squeeze. Squeeze the lever above the handle to operate, and release it to stop the spray.

S: Sweep. Sweep the extinguisher from side to side until the flames are out.

For more information, visit the Web site of the National Fire Protection Association in Quincy, Mass: www.nfpa.org.

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***Around the House Tip of the Month:
“5 Steps to a Beautiful Kitchen”***

If new cabinets are a stretch on your budget, cabinet re-facing can be a good solution for you.

You have a few options here... veneer refinishing can result in a great look, but can be tricky if you're not a pro; painting, staining and bleaching take time but are relatively simple if you know how to do it. We're going to focus on these last three methods. Let's get started!

Step 1 – First things first – use stickers to number all the cabinet doors. You'll be glad you did this when it's time to re-hang the cabinet doors! Next, remove all the doors, along with the hinges and hardware. The grunge around the hinges will give you a good idea what your next job is going to be – heavy duty cleaning!

Step 2 – You may have years of built-up cooking grease to remove. The best way to remove the grease build-up is to use a product like *TSP Cleaner* or mineral spirits. Or you can use this home-made wood cleaner: mix 1-quart boiling water with 3 tbsp linseed oil and 3 tbsp turpentine. Use a steel wool pad to thoroughly clean the doors, along with all visible cabinet surfaces. To be on the safe side, work outdoors when possible.

Step 3 - Lightly sand the doors and then wipe off the dust. For a superior finish, repeat step 2 and leave to dry for at least 24 hours.

Step 4 – If you're painting or staining, you can now fill in any small dents with wood filler. When the filler is completely dry, sand over the filled areas and remove the dust with a tack cloth.

Step 5 – This step will depend on which of the three following methods you've chosen:

Wood bleaching: Use wood bleach and follow the manufacturer's directions. Follow up with polyurethane or another finish of your choice.

Staining: Apply stain and follow up with a sealer. Be sure to follow product directions.

Painting: Apply an appropriate primer and finish with two topcoats. For durability, a high-gloss alkyd spray makes a great choice.

Final step – Re-attach hinges and doors. While you're at it, why not replace your cabinet hardware? New pulls or knobs can make all the difference!

After-dinner sudoku

To solve a sudoku, you only need logic; 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.

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

Answer Key on Page 8

LEDs On An Outdoor Tree Can Save Money For Years!

They cost more, but last years longer and save big bucks on your electric bill.

For an outdoor Christmas tree, light emitting diodes (LEDs) are a good choice.

They use up to 90 percent less energy than traditional lights and have life spans of up to 50,000 hours outside and double that inside.

They are cool to the touch so it's easy to rearrange them on any tree. Some homeowners leave LEDs on a yard or patio tree that can be lit for special occasions throughout the year.

They are available in all the traditional Christmas colors and in multicolor strings.

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!

Pam Fitzgerald and Patricia Allen

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

Teach Children School Bus Safety Practices

Today's children are luckier than those of past generations. Because a bus will pick them up, they won't have to walk a long distance to get to school.

Riding the bus is safer than having kids walking and crossing streets on their own, but parents should make them aware of bus safety issues.

- * Have children put everything they carry into a backpack or school bag so they won't drop anything.
- * Be sure they leave on time so they don't have to run for the bus.
- * Go to the bus stop with young children. Have older kids walk in groups so they can easily be seen by drivers.
- * Make sure they stand six feet from the road while waiting.
- * Teach them to secure loose drawstrings and other objects that could get caught in the handrail or door of the bus when they are leaving.
- * If they must cross the street when exiting the bus, remind them to wait until the driver to signal that it's safe.
- * If they drop something near the bus, they should tell the bus driver and follow the driver's instructions.
- * Remind them that when they are on the bus, they should talk quietly, be courteous to the bus driver and follow the driver's directions.
- * They should keep the aisles clear and stay seated for the entire ride.

Life Expectancy Is At An All-Time High!

U.S. life expectancy has risen to a new high. It now stands at nearly 78 years, according to the National Center for Health Statistics. That's three months higher than it was in 2008.

The increase is due to falling rates in almost all the leading causes of death. Life expectancy in the United States has grown nearly one and a half years in the past decade.

The United States continues to lag behind 30 other countries in estimated life span. Japan has the longest life expectancy, 83 years.

New Light Bulbs Save Energy

Electric lighting accounts for 19 percent of the world's electricity use, producing almost as much greenhouse gas as half the cars on the planet. New light bulbs can help.

- * CFLs: Compact fluorescent lamps use a third as much energy as incandescents. New styles contain much less mercury and have a pleasing light.
- * New incandescents: Philips new Halogena line uses 30 percent less energy than traditional incandescents, enough to meet government standards that take effect in 2012.
- * LEDs: The leading companies are fighting to release traditional-bulb-shaped LEDs (light emitting diodes) that last five to 10 times as long as CFLs, contain no mercury and use much less energy. They use 6 watts to match the output of a 60-watt incandescent.

Lennin Lighting's Pharox bulb costs \$50 online right now, but the price will come down in the future.

Q & A on the H1N1 flu

What if I get the H1N1 swine flu?

Without a lab test, you won't know if it's seasonal flu or the H1N1. Most people get well just by resting, staying hydrated, and taking medications to reduce fever. Stay home and avoid contact with others until at least 24 hours after the fever is gone.

If you have trouble breathing, have chest or abdominal pain, dizziness, confusion, persistent vomiting, or if you don't soon get better, see your doctor.

Should I take an antiviral like Tami flu?

The Centers for Disease Control and Prevention does not recommend taking

them for mild cases. Antivirals are recommended for serious cases and for those with other medical conditions.

How about the new vaccine?

First, people at high risk will get the two H1N1 flu shots, including pregnant women, children and adults age six months through 24 years old, people with medical conditions, health care and emergency medical care workers.

The vaccine should be available now and is safe. It does NOT protect against regular seasonal flu. Be sure to get your regular flu shot.

How can I protect myself before getting the vaccine?

People who are infected with the virus start spreading it a day before they develop symptoms, which means the virus could be present almost anywhere. It is spread through respiratory droplets from a cough or a sneeze. You can get it by touching something they have touched, then touching your mouth or nose.

Hand washing is your most powerful preventive. Wash often with soap and water or a sanitizer.

Should I keep my child home from school if it's going around?

No. Schools will watch kids and staff members for symptoms, isolate them quickly and send them home. In most cases, schools will remain open.

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

(727) 209-3413

How to Make a Toast

All eyes turn to you when you make a toast at a wedding, farewell party or Thanksgiving dinner.

The ritual is a simple act that tells people "we are happy to be together and happy to share this moment." The toast should be no longer than a minute, especially if there are others who will toast after you.

It should not be an opportunity for a lengthy

speech or a talk supported by note cards. It should be short and easy to memorize.

Begin by raising your glass to eye level. First stare directly at the person you are toasting, then as you speak look at the other guests.

After the salutation and the glasses clink, the host can take the first sip. Touch glasses with everyone there, which means the

person accepts your statement. If many people are present, touch glasses with a few around you.

Toast often. It brings people together. The subject of the toast can be as simple as toasting to a beautiful day.

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Referrals: If you run out of room, please feel free to use a separate sheet of paper.

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

ANSWER KEY



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.

www.EstarElectric.com