



E*Star Electric, Inc.

Around The House

AUGUST, 2009

NEWS THAT HELPS THE FAMILY.



Greening an Older Home Can Save Energy And Reduce Carbon Emissions

When we think of energy-efficient "green" buildings, new structures usually come to mind.

When considering carbon emissions in the U.S., 43 percent come from powering buildings and our 100 million existing homes. Those built before 1939 use 50 percent more energy per square foot than homes built after 2000.

But a huge amount of energy and resources went into building older homes. It would take about 65 years for the reduced carbon emissions from one new energy efficient home to make up for the resources lost by demolishing an old one and rebuilding. So an already built home, in one sense, is already green.

The oldest homes, however, are the least energy-efficient. Many have developed tiny cracks and gaps that expand over time and let in more outside air.

The stimulus package includes some \$8 billion in weatherization programs for low-income households, but that covers only a small part of the country's homes. Analysts at the National Resources Defense Council say energy efficiency projects, such as installing insulation or new windows, could create hundreds of thousands of new jobs if there were a nationwide effort to improve homes and buildings.

Tax credits for these projects can be helpful. The Preservation Green Lab, a think tank based in Seattle, is working with members of Congress to pass energy-efficiency legislation that would increase rebates and subsidies to cover as much as half the cost.

In the meantime, anyone can make progress toward greening a home. All it takes is a caulking gun and a little effort to plug leaks around walls, doors and windows.

Our Services Include

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- [Save Time On Health Care!](#)
- [Make Your Home Energy Efficient](#)

Plus much, much more!!!



"Brick is overrated. Let me show you something in sticks or straw."

Bar Wrestling Is Officially Named A Sport In Washington State

A group called Seattle Semi-Pro Wrestling (SSP) has brought crowds into many city bars in recent years.

Their events are a humorous take on professional wrestling with colorful characters the audiences love to cheer or boo. They perform on foam pads placed on a stage instead of in a ring.

In spite of this, bureaucrats in Washington have recently ruled that all wrestling, including SSP events, are real forms of sport. They say it's true even if the wrestlers are

people in funny suits performing fake kung-fu moves in a tavern.

Washington State's Department of Licensing still concludes that it's sports entertainment. That means the spoofers must meet safety regulations and be licensed. The league will be forced to post a \$10,000 bond, station medical personnel at events and buy a regulation wrestling ring.

David Osgood, the attorney for SSP, says he will appeal the decision. Its costs could break the league's budget and their "cabaret wrestling" is theater, not

sport. It's a bunch of grown men and women in costumes pretending to be professional wrestlers.

Still, they imitate some of the choreographed moves of pro wrestlers. They bang each other with folding chairs, hop from ladders onto opponents' necks and drive them headfirst into the floor.

Osgood argues that the ruling violates free-speech rights. It threatens everything from Jell-O wrestlers to theater actors engaging in a sword fight.

Wicker Moves Inside To Bedrooms, Living Rooms and Dens

It has done a lot moving since its time in ancient Egypt. It was used there to make chairs and baskets. From Egypt, the popularity of wicker moved on to Rome. Then it moved to Spain, Portugal, and Europe. And finally, wicker came to the new world.

For most of its time in America, wicker has been a popular choice for outdoor furniture, but now it's on the move again. This time wicker is moving indoors in the form of stylish tables, decorative easy chairs and more.

Interior decorators displaying at the Indianapolis Decorators' Show House say wicker adds interest and texture to a room. Chairs with wicker backs, seats, or both, can be paired with a traditional dining room table and it gives the room a whole new look.

A pair of wicker chairs can be positioned by a window. With an interesting table between them, they will give a living room or den a touch of character and decorator know-how.

Used wicker pieces can come inside the house and

bring their warmth and with them. They can be used in their natural finish or painted with any color that goes with the walls and furnishings.

New wicker furniture is great for young people just starting out, say decorators quoted in the Indianapolis Star. A simple wicker chair retails for about \$130 at Pier 1 Imports. Plow & Hearth offers a rattan chase lounge for \$249.95.

For those with more to spend, Crate & Barrell sells a seven-piece indoor or outdoor dining set for \$2,199.

5 WAYS TO PROTECT YOUR WOOD FURNITURE FROM DAMAGE:

Wood furniture is often damaged by careless mistakes. Here are five ways you can avoid an "uh oh".

- 1. Steer clear of cleaners that contain ammonia, which can damage wood.**
- 2. Do not use a furniture polish that contains alcohol, which can harm the finish.**
- 3. When serving plates and dishes that are hot, use a tablecloth and a place mat.**
- 4. Always use coasters to prevent water rings.**
- 5. Position furniture away from direct sunlight.**

**"DO YOU NEED
FLOOD
INSURANCE?"**

According to the National Flood Insurance Program, there's a 26 percent chance you'll experience a flood, compared with just a 4 percent chance of a fire. Even in low- to moderate-risk areas, the odds of having a flood are too high!

For \$100,000 worth of flood insurance, the premium is roughly \$300 a year. In low-risk areas, it could be as little as \$100 a year. Most flood policies will cover the cost of repairs, furniture and appliance replacement, etc. If you don't currently have a policy, this is something you may want to consider.

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***Around The House Tip of the Month:
"Making Your Home Energy Efficient"***

Everyone is looking for ways to save money. One way to do this is by reducing the amount of energy your home uses. How do you make your home more energy efficient? Here are some tips for you.

1. Do a Home Checkup

If your monthly bills for air conditioning your home are starting to rack up, consider beefing up your windows and doors to even out the situation. Keep cold air in and hot air out during the summer.

2. Keep Your Cool

- Get your air conditioner checked once a year
- Install a programmable thermostat
- Clean out all air ducts
- Apply solar panels to your roof to help heat your outdoor pool

3. Home Cooling Systems

In general, it's not wise to skimp on your home cooling system. You may think it's a hefty investment, but consider how this will affect the resale value of your home. Check how old your furnace and central air conditioning systems are. Installing a system that is less than years old can lower your energy bills by up to percent.

4. Cooling Does Not Cost a Lot

The vast majority of homes are energy-guzzling power homes. No matter how hip and trendy having numerous amounts of technology can be, they can overheat easily in a home that is not properly insulated. Protect your computer and other electronic valuables by checking your walls for proper insulation. You can also double pane your windows or use blinds or drapes to significantly make your energy bill better.

5. What Is Energy Star?

ENERGY STAR is a United States government program to promote energy efficient consumer products. It is well known for its logo appearing on many computer products and peripherals, though on many European-targeted products, a combined energy usage and ergonomics rating from the Swedish Confederation of Professional Employees (TCO) is used instead.

Crazy 3s build a sudoku

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.

Here's a tip for playing. We call the 3x3 squares "regions." With a highlighter, color in all the rows and columns in the large grid that have a 3 in them.

We chose 3 because there are several of them in the puzzle.

Now observe. In the middle upper region, what

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

is the only possible location for the 3?

This technique is called scanning. You usually do it with your eyes. The difficulty rating on this puzzle is easy.

Answer Key on Page 8

Spend Less With An Online Shopping List!

For now, the days are gone when people strolled around the grocery store and picked up whatever looked good. Surveys show that most people are making shopping decisions before leaving home.

The note pad stuck to the refrigerator still exists, and meal planning before adding to it is still a good idea. But without making an inventory of ingredients on hand, you might have to shop again.

Online shopping lists are coming to the rescue. Meijer, Inc. links its list to online coupons. GroceryWiz.com helps users create and save their own lists to be checked off in the future.

Kroger says visits to its shopping-list Web page increased 62 percent from a year earlier.

Other sites include ziplist.com, grocerynote.com, knotler.com and Grocerlist.org. All have special arrangements for convenience and repeated use, plus other special features.

Shoppers say buying groceries takes less time when they have a list.

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!

Lori Dabrowski and Pat Zubar

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

Saving Health-Care Time, Dollars at Store Clinics

Painting Baseboards

If you're painting baseboards in an area that's carpeted, slip an old Venetian blind slat between the baseboard and the carpet. Be sure to have the curved side of the blind up.

Need a flu shot, a cure for swimmer's ear or treatment for your kid's sore throat? Next time you stop by the supermarket or the drug store, look for one of the new in-store clinics. Usually, you'll get fast service and may pay less than you would at your doctor's office. Most are open evenings and weekends.

One clinic, reports The Deloitte Center for Health Solutions, waives the cost for people who can prove they are unemployed and uninsured. All clinics bill your health insurance company.

There are about 1,100 of them across the U.S. Many are located at CVS and Walgreens. Supermarkets such as Kroger and Cub Foods have them, as well as chains like Wal-Mart and Target, according to Smart Money magazine.

They are staffed by a nurse-practitioner, sometimes with an assistant who hands out insurance forms and puts you in line for service if others are waiting. Antibiotics are not prescribed unless a patient meets a list of preconditions.

Walgreens received the best rating in the Smart Money survey. It has 342 clinics in 29 states, charges \$59 for a basic visit, \$74 for strep throat, and \$25 for a flu shot. They work with 46 insurance carriers. Doctors monitor some diagnoses, and treatment includes a follow-up call by the nurse. Lines are sometimes long.

CVS has 50 clinics in 25 states and works with 98 insurance carriers. They are accredited by the same commission that certifies hospitals. They charge \$62 for a basic visit, \$77 for strep throat, and \$30 for a flu shot. After treatment, patients can dial an 800 number for more information.

Some supermarkets have The Little Clinic. There are 96 in nine states. They charge \$59 for a basic visit, \$69 for strep and \$15 for a flu shot.

Avoid Medicine Mistakes

* Sort medicines into a weekly container. If you are taking your night pill and your morning pill is still there, you'll know you forgot to take it. In some cases, you can take them both at the same time. Ask your doctor if it's OK.

* Know what each prescription medication is and what it should do. Be able to identify it by its size, shape and color.

* Store medicines in a place that is not hot (like on a shelf over the stove), not too cold, or not too moist, as in the bathroom medicine cabinet. Store them out of the reach of children, of course.

Some teens today steal their parents' and grandparents' medications. Keep yours in a place that is not too convenient or in a basket you can take to another room when they visit.

* Don't share medicines. Only a doctor knows if what is prescribed for you will help or harm someone else.

* Always check directions on a medicine container before you take it so you won't be putting drops for your ears into your eyes, for example, advises the Food and Drug Administration

Safe Driving Is Important In Any Vehicle, But More Important In A Small Car

Smaller cars are popular right now, and they will be the wave of the future as the government increases mandatory gas mileage to 39 miles per gallon.

That's the average for cars made by any individual company. For specific cars, the mandatory mileage is 35.5. It won't happen until 2016.

Car makers already have or will soon have cars that meet or exceed the standard.

The Ford Fusion hybrid gets more than 40 mpg. The Chevy Cruze, due out in April 2010, will get 40 mpg, and the Chevy Volt,

due out in November of this year, runs on batteries for the first 40 miles. Chrysler plans the Fiat Spa, which will be available by 2015 at 40 mpg or more.

Fuel costs are lower for a small car, but if you crash, your chances of getting hurt are greater. Here are a few driving tips to consider:

* Take extra care when entering an intersection to assure that all vehicles from the other directions are cleared.

* Avoid getting sandwiched between two trucks, two larger cars or two SUVs, especially when driving on the Interstate or

a state highway.

* Regardless of the size of your vehicle, practice thinking about how you could escape a dangerous situation. It could be a move to the shoulder, going off the road and avoiding trees, or maneuvering to another lane.

Rules of safe driving are more important when you are in a small car, including: Always wear a seat belt; don't drink and drive; watch for speed limit signs and don't exceed the posted numbers.

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Your Next Home
Project**

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Getting To the Core of Strength

Your core is the area of your trunk that includes muscles in your abdomen, back, hips and pelvis. The trunk houses your muscular center of gravity and balance, and it supports your spine.

When you have good core stability, these muscles work in harmony. They make it easier to do most physical activities, from swinging a golf club to bending down to tie your shoes. A weak core makes you more apt to have poor posture and low back pain.

You can develop core strength with floor exercises, including any

that use the trunk of your body without additional support. Think squats, push-ups and abdominal crunches, say doctors at the Mayo Clinic, but there are other floor exercises, including:

The bridge. Lie on your back with knees bent and back relaxed. Tighten your abdominal muscles and raise your hips off the floor until they are aligned with your knees and shoulders. Hold for three deep breaths then do it again.

Segmental rotation. Lie on your back as above. Tighten your abdominal muscles. Keep your

shoulders on the floor and let your knees fall slowly to the left until you feel a stretch but not pain. Hold for three deep breaths. Return to the start position and repeat the exercise to the right.

Quadruped. Start on your hands and knees with your hands directly below your shoulders. Align your head and neck with your back. Tighten abdominal muscles, raise your right arm off the floor and reach ahead. Hold for three deep breaths. Lower your arm and repeat with the left. Next, extend your right leg, hold and repeat with your left leg.

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Sign up today for our Referral Partner program and you can earn 10% of the first call (up to \$100.00) for each new customer that you refer to us – OR – your friend can receive a 10% rebate (up to \$100.00) on the total cost of their first job. Your choice! For more details, just log onto www.EStarElectric.com or call (727) 7572-4921 today!

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If you use this form, we will be able to make sure you get credit for all of your referrals when they become clients. If you have any questions, just give us a call at (insert your phone number).

Your Name: _____ Your Phone# _____

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

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City, State, Zip _____

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Yes! Feel free to use my name as a reference when you contact the referrals!

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OUR AUGUST SPECIAL**



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

ANSWER KEY



At E*Star Electric, we are famous for quickly responding to the service call needs of our Clearwater customers. After all, if something electrical has stopped working; the customer wants it to work again - FAST. For this reason, we make every effort to give service calls a scheduling priority. We offer 24 hour electrical services because we know that electrical disruptions can happen at any hour of the day or night.