

# Safe Electrical Buzz

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## *IN THIS BULLITEN*

- ~ **It's Great Outdoors Month**
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- ~ **And Much More**

## **June is Great Outdoors Month**

June 2011 is the 8th Annual Great Outdoors Month, which 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 still, 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 sit in the shade, relax and ENJOY THE OUTDOORS.

## **Air Filters Can Improve 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 not always. It depends on what you are using. For example:

**Lawn mower:** It's the most dangerous tool you have. It can throw debris into your eyes or the eyes 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:** As this author can personally attest.... 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.

## Outside your Home This Month~ Outdoor Lighting...Safety and Beauty

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.

**GO to [SafeElectrical.Com](http://SafeElectrical.Com) click on electrical tips and look for more information on SECURITY LIGHTING**

## Making Your Summer Vacation More Memorable

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, it will be the memories of what you did and saw that stick with you. See the Grand Canyon, dip into the ocean or check the view from a mountain top.

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.



## 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 your 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, then switch to the other arm.



~EASY HELP~

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**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					

Go to our NEW website [SafeElectrical.Com](http://SafeElectrical.Com) for the answer key it's under the newsletter section! *The first 5 people to contact us through the new website receive a free gift!*