

Fireworks, Flags & Fun!

A WISER, SAFER CHOICE!

NORTHSTAR ELECTRICAL SERVICES

PENNSYLVANIA * NEW JERSEY * DELAWARE

FREE DINNER

[Respond to this email](#)

and we will enter you in our drawing for a \$50 gift card to your choice of restaurants or other gift card choice*. Good luck!

Congratulations to June's Winner:

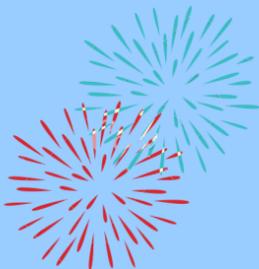
Andrea Garcia

Regency Lighting

Respond by July 16th to be entered.

* PF Chang's, Maggiano's, Chili's, Cheesecake Factory, The Capital Grille, Legal Seafood, Season's 52, California Pizza Kitchen, Ruth Chris's Steakhouse, Flemings Prime Steakhouse, Home Depot, Barnes & Noble, Nike, Zappos.

Happy Birthday Bill, Kevin, and the USA!



Northstar will be **closed** Wednesday July 4th in honor of Independence Day. We hope everyone enjoys their celebrations and stays safe!



Tragedy Close to Home



Earlier this year a tragic accident occurred in our area when someone driving a tractor trailer through a highway tunnel was killed by a piece of electrical conduit that collapsed. The metal conduit from the ceiling area crashed through his windshield and struck the driver in the head. Several other vehicles sustained minor damage by the debris from the wreck. The driver of the tractor-trailer was found deceased by the time police were able to get to the scene.

The turnpike's engineering department along with several federal agencies launched an investigation and turnpike electricians worked over-

night to repair the conduit. Although it's the newest of the 5 tunnels in the turnpike's system, a representative reported the Lehigh Tunnel's south-bound tube is the only tunnel in the system in which electrical conduit is directly above drivers. In older tunnels, the pipes are located with ventilation equipment in a parallel utility tunnel above the roadway.

Perhaps the saddest part of this tragedy is that it should have been entirely avoidable. Federal regulations require inspection every two years for tunnels. This tunnel had last been inspected in September 2016, approximately 17 months before the accident. Recent inspection reports indicated that the conduits were not in the best shape—including the fact that supports for the conduit were missing throughout the tunnel. Other supports were found to be bent, some conduits were corroding and separating. Turnpike officials said they

had believed these issues were repaired but upon reviewing their records could not confirm this.

A project to replace the lighting systems (including the conduits) was already in the works and expected to begin shortly. Though the report says that in general the electrical distribution system of the tunnel was in "fair" condition at the time (just a step below the highest rating), something led to the conduit falling that terrible day. The investigations could take 12-18 months to determine exactly what led to the conduit falling and how to avoid it in the future.



Ways to Practice Gratitude

Now that the days are longer and the sunshine is upon us it's easier to be in a happier mood. We feel like we have more energy and zest for life. So why not bring that into your conscious mind? Start practicing gratitude daily now while you feel more excited to get out of bed in the morning. By making it a habit now, hopefully it will carry us through the valleys and also through those far off months when you get to work in the dark and leave in the dark.

Gratitude is the quality of being thankful. It is the readiness to show appreciation for and to return kindness. It may seem awkward or silly at first but the practice of being mindful of what you are grateful for can dramatically change your mood and your life.

So where do we start? Here are a couple ideas to get you started. Please feel free to share back any ideas that you have as well!

-Start a daily journal of what you are grateful for. A lot of us don't get to enjoy the art of putting pen to paper these days. If you're not a fan of it, there are many online journals you can sign up for.

-Make it a daily dinner time question. Ask yourself and those around you at the same time every day. It's a great way to get into the routine!

-Get specific. Instead of saying that you are thankful for your home, think of something more specific that you're grateful for. Maybe the way the sun rises into your kitchen while you're making breakfast!

-Express gratitude. Tell someone you appreciate them and why! It will feel good for both of you! You can leave them a note, call them, text them—whatever you're most comfortable with.

-Sneak it into small talk. Instead of the usual "So, what's new with you?" why not ask "What's going on in your life that's awesome right now?" You might be surprised at how much you learn about them!

-Ask yourself why you're grateful for that thing. Sometimes this is the hardest part but it's an interesting question! We're grateful to witness the beautiful sunrises because it reminds us there's always a new day and the world around me is beautiful.

-Share it on social media. We all know that these days our feeds are piled with complaints and politics. Try adding some happiness to it! You may inspire others to do the same!

-Turn a negative into a positive. Okay maybe this one is actually the hardest. When something bad happens, try to find the silver lining. Maybe the project you've been working on didn't get approved because there is something better on the horizon. Or maybe you learned some valuable lessons for next time!

Whatever it is, incorporating gratitude into your conscious day will have great effects for you and those around you!

