

May You Stop and Smell the Flowers!

A WISER, SAFER CHOICE!

NORTHSTAR ELECTRICAL SERVICES

PENNSYLVANIA * NEW JERSEY * DELAWARE

Northstar Promotes Safety

With summer just around the corner we are thankful to put this winter behind us and take out our shorts and tee-shirts. After having a brutally cold and snowy winter the warm summer weather will be a pleasant change. As always Northstar would like you to remain safe during the hotter months. While we are having fun sometimes we don't always remember to be safe.



Don't Let the Heat Beat You

Remember to drink more water and stay hydrated while you are enjoying the sun. Also, take breaks from being in the sun. Enjoy that

beach umbrella you bought 5 years ago and never used. Let your body cool down.

Water to Play

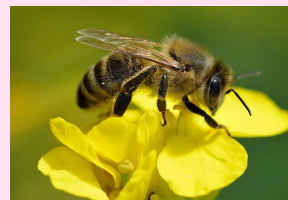
An enjoyable way to cool off is in the water. When enjoying the water please keep an extra eye on the kids—the younger the child, the more at risk they are. According to the CDC about 10 people die every day, in non-boating incidents.

Sunny or Cloudy Day – Sunscreen is the Way

If you are going to be outside for extended periods, please remember to apply sunscreen and wear clothing that will cover your skin. Remember you can still get burnt even if it is cloudy out. Be fashionable while being safe, wear that baseball cap that you always forget.

It's the Bugs and the Bees

Now that it is warmer, the bugs and the bees are out to



play. Mosquitos can be annoying as well as dangerous and carry diseases such as Zika. Bee and wasp stings can even be fatal in some cases. Try to stay away from those hives. Unless the hive is in a place that is threatening you, please let it be. The bee population is low, and we need those guys for more than just honey.

Being Fit and Fab

As the weather warms up lots of people enjoy being outside to exercise and enjoy the fresh air, especially kids. Please be extra careful when you are driving and keep an eye out for out pedestrians.

Feeding from the Land

I enjoy fresh fruit and veggies from the garden just like everyone else, but I only eat the fruit that I grow. When taking a hike make sure that you aren't eating a poisonous plant. Berries especially can be confused and what one might think is a blueberry could very well be a Nightshade. While taking those hikes and working on your landscaping watch out for poison ivy and oak.

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 April's Winner:

Marsha Raley

Principle Global

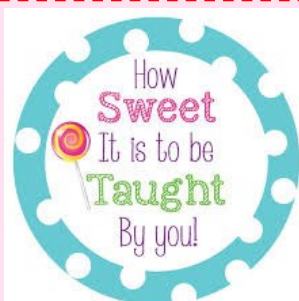
Respond by May 15th to be entered.

* 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 to Liz!



Teacher Appreciation Week



Don't forget! Teacher Appreciation week is coming up—May 7th to May 11th! If you have kids in school, you probably already know that they are mostly in summer-mode already. Let their teachers know how much you and your child appreciate them this week! A little goes a long way, especially for those who spend their days educating the next generation!



Happy Northstar Anniversary to Nick!



Cool Off With a Healthy Treat!

As it gets warmer out, we could all use a sweet treat to cool down. Some options may be healthier than others and while we support all options, we thought we'd share a quick and easy healthy recipe!

Frozen Yogurt Bites

Ingredients:

- 1 cup plain yogurt (dair or non-dairy will do)
- 1/3 cup fresh strawberries, plus more for garnish
- 1/3 cup fresh blueberries, plus more for garnish
- 1 tablespoon honey or agave syrup

Directions:

- place yogurt, blueberries, strawberries, and sweetener in a food processor and blend until mostly combined (some small pieces of fruit are okay)
- spoon the yogurt mixture into silicone molds or cupcake liners and top with

additional fruit—whole blueberries or sliced strawberries
-freeze for two hours or until fro-yo bites are solid and enjoy!

For the original recipe click [here](#).

Variations:

- Not a strawberry or blueberry fan? Try one of these variations!
- banana & chocolate chips
- raspberries with graham crackers sprinkled on top
- strawberry & banana
- honey & peach
- strawberry topped with pistachios



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