

Summer is Finally Here!

A WISER, SAFER CHOICE!

NORTHSTAR ELECTRICAL SERVICES

ELECTRICAL SERVICES * SIGN INSTALLATIONS & REPAIRS * LIGHTING MAINTENANCE

WIN DINNER!

Respond to this email and we will enter you in our drawing for a \$50 gift card of your choice*.

Congratulations to May's Winner:

Heather Hedge
— RRAM Services

Respond by June 17th 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

NORTH AMERICAN VS. EUROPEAN ELECTRICAL SYSTEMS

Katrina was recently in London and while some hotels cater to American needs by having outlets equipped with 120-volt style GFI plugs, many will not. You will need not just a plug adapter but also a voltage converter because the European system runs on 220-volts. If you just plug your equipment in, it could fry your electronics!

While we take for granted the outlets we use, there are multiple outlet styles throughout the world. Some run on a different system from the USA and some are exactly the same, but use different equipment. The photo below shows the London style standard outlet with a check mark.

Due to the differences, an electrician from the United States would need to take new courses and follow all the different codes required by each country. The National Electric Code (NEC) standard we use here may not be valid in another country since it was specifically developed for the United States.

While both electrical systems are similar, there are some differences. The North American system provides a more reliable service with fewer interruptions to energy consumers. The European system has fewer voltage sags and momentary interruptions due to the higher voltages and secondary set-up. It is, however, easier to steal electricity from your neighbor's house in Europe due to the secondary system they have as well!

So go ahead and travel abroad, but remember to take your converter and adapters with you!



HAPPY FATHER'S DAY!

June 21st, 2015

Don't forget to get your dad or fatherly figure a nice gift, card, phone call, or a big 'ol hug :)



HAPPY JUNE BIRTHDAY!

Happy Birthday to NORTHSTAR employees! The following employees are all celebrating birthdays this month. Warm wishes and may you have lots of cake!

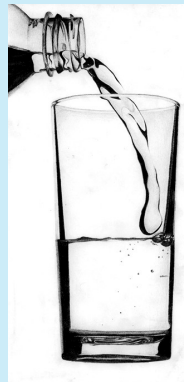


David Salla
Dawn Gallo
Mark Gangaway



TIPS TO STAY COOL THIS SUMMER

This winter was vicious and frigid, but this summer is promising to be a humid hot mess. Here are some pointers on how to keep your cool in the heat!



-Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.

-Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.

-Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.

-Exercise smarter—not harder. Work out during the cooler parts of the day, preferably when the sun's radiation is minimal.

-Eat lots of ice cream! Or if you're looking for a healthier alternative, frozen fruit can be a great way to cool down and get nutrition. Throw them in a blender for a smoothie!

-For a cold compress on really hot nights, fill a sock with rice, tie it off, and stick in the freezer for an hour. It will stay cold for up to 30 minutes!

-A trick that's gaining popularity for those with small children: when you get in the car take your left shoe off and put it in the back seat with the child. That way you'll be sure not to forget them in the hot car while you are running errands!

If you want more tips and the stages of overheating to watch for visit this [site](#).

Summer starts June 21st!



WIN \$100

American Express Gift Card!

Give us a review on Google and we will enter you in our drawing for a \$100 American Express gift card!

You can easily link to the Google page [here](#) and find the "Write a review" tab on the right hand side under Northstar Electrical Services Inc.

The Winner of our last review drawing is: Annette Torsak

We appreciate our customers and we want to know how we can improve our services.

The winner will be announced in next month's newsletter.

You may need to create a Google account if you don't already have one.