

# FIRST OF THE YEAR AND PUT SAFETY FIRST!

ELECTRICAL SERVICES \* SIGN INSTALLATIONS & REPAIRS \* LIGHTING MAINTENANCE

## NORTHSTAR ELECTRICAL SERVICES

PENNSYLVANIA \* NEW JERSEY \* DELAWARE

### NORTHSTAR PROMOTES SAFETY

#### WIN DINNER!

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

Congratulations to December's Winner:

**Carrie Jantzen**  
— Ascential

Respond by Jan. 15th to be entered.

\*restaurants listed at the bottom left corner of the newsletter.

According to the Centers for Disease Control and Prevention, January is the deadliest month for carbon monoxide poisoning. The fatality rate jumps to three times the recorded July and August rates. Deaths are highest in the colder states such as Wyoming, Alaska, Montana, North Dakota and Nebraska. Presumably due to the use of fuel burning stoves, heaters, and other CO power sources for warmth. By contrast, California has the lowest fatality rate from CO poisoning.



To read the full study and report click [here](#).

Follow these safety tips to prevent CO Poisoning:

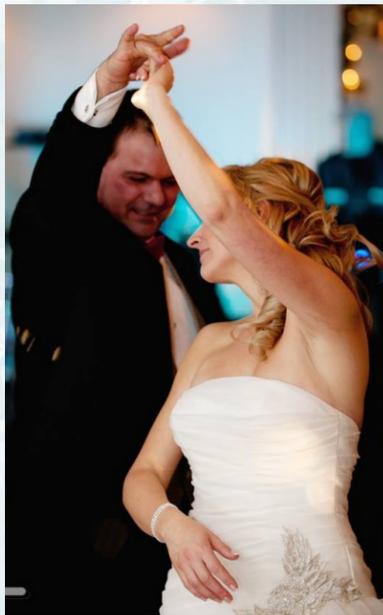
- Have your heating system, water heater and any other gas, oil or coal-burning appliance inspected and serviced by a qualified technician every year.
- Install battery-operated CO detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home, basement or garage or outside the home near a window.
- Don't burn anything in an unvented stove or fireplace.
- Don't let a vehicle idle inside a garage attached to a house, even if the garage door is left open.
- Don't heat a house with a gas oven.

## Congratulations Bill & Kasia

On December 31, 2013, William Tuturice had a beautiful, festive, and engaging ceremony to marry his long time love and soul mate, Katarzyna (Kasia) McKelvey. The ceremony was held at 11:35pm so the couple could be officially wed moments before the new year was ushered in.

The bride was, of course, gorgeous. The groom, cleans up pretty well himself. The technicians of NORTHSTAR were in attendance, and while our standard uniforms are well above par for the industry, it was a pleasure to see everyone in suits and ties. The office staff looked their finest in dresses and jewels.

If you've ever called into our office and have been put on hold, you may have heard the "Rat Pack" music playing. Well, the reception gave the same feel with a live Frank Sinatra tribute band playing all night. The DJ, split it up with some disco and club beats. Congratulations and we all wish you a lifetime of happiness and love!



## Martin Luther King Jr. Day

Interesting Facts:

His name was originally Michael, not Martin. But in a trip to Germany, Michael King Senior changed his name to Martin as homage to the historic theologian Martin Luther. Junior was only two years old, so his father changed his name also.

At the age of 12 he jumped from a second story window in a bid to commit suicide.

He spend his honeymoon in a funeral parlor. No one had died. A friend owned the parlor and offered to let him use it as a honeymoon retreat, to which Dr. King accepted.

He received a C in public speaking at his first year in seminary school. In his third and final year he was valedictorian with all A's.

His name is on more than 700 streets throughout the United States and over 100 schools are also named after him.

## Happy Birthday!

Katrina Zarczynski and Matt VanAtter have January Birthdays. Let's celebrate and have some cake and ice cream!

Want a Stop Texting car magnet? Email me and we'll send you one!



\* Ruby Tuesday, PF Chang's, Bonefish Grill, Longhorn Steakhouse, Maggiano's, Chili's, Cheesecake Factory, McCormick & Schmick, Legal Seafood, Season's 52, California Pizza Kitchen, Ruth Chris's Steakhouse.

## Pick an Easy Resolution This Year

Lose weight, quit smoking, eat less junk, get organized—we've all said it and tried it. Some of us make it, many of us don't. Here are a couple ideas that may not be the biggest resolution that everyone shoots for, but are still great ideas and are SUPER easy to keep.

1. Promise to donate \$5 (or whatever you choose) a month to charity. First pick a charity, whether you stay with one throughout the year or you pick one for each month. Then pick a date each month, every 1st Monday, the 15th, the Full Moon, etc. Put a reminder in your calendar, your phone, your email, however! Then do it! Mail it in, online donations or phone in the donation. Just a small amount each month will make any charity happy, and you will know you are doing a good thing.
2. Save some money. Put out a jar. Any time you pay cash and have change, put that change in the jar. It really adds up in the end. Another option is that you could take \$5 or \$10 from each paycheck and put it in your savings account or into that jar. You'll have that Jamaican Cruise vacation covered really soon!



3. Smile during the most stressful moment. How? Find something that you know always cheers you up and have it immediately next to your desk at work, or on your phone, or your favorite CD in your car. When someone upsets you or you are frustrated at something that just happened, look at, listen to, smell or touch whatever that special thing is. To this day, [this is mine](#).
4. Stop using Social Media so much. Many of us do it. We should stop. Do we need to know that you are at Burger King again? Do I need to see a photo of your burger again? Or the video of you eating the burger? It's sad to see people in groups being "together" but all stuck playing on phones and uploading photos to web. Try to enjoy the moment NOW and make the people you are with understand they need to do the same.
5. Learn something. Sounds hard, but it's not. You can learn something everyday by getting a daily calendar like the [Jeopardy calendar](#) or the [Mensa Brain Puzzles](#). Try going to the SAT Question of the Day [site](#). It's just one question, with one answer. Easy enough right?

