

Spring is MORE Than Welcome

ELECTRICAL SERVICES * SIGN INSTALLATIONS & REPAIRS * LIGHTING MAINTENANCE

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*. Good luck!

Congratulations to February's Winner:

Kim Novak

CLS Facility Services

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

Respond by March 14th to be entered in the drawing.

NORTHSTAR PROMOTES SAFETY - EYE WELLNESS

March is recognized as Workplace Eye Safety and Wellness Awareness Month. According to [Prevent Blindness America](#), more than 2,000 employees have eye injuries everyday. Anywhere between 10% and 20% of these injuries cause temporary or permanent vision loss. While staring at a computer screen has not been shown to cause vision loss, it does cause eye strain and often decreased work productivity. There are many ways to prevent eye injuries.

In a workplace that has hazards such as chemicals, tools, dust, debris, electricity, or glass, safety glasses or goggles MUST be worn in any situation where there may be exposure to the previous mentioned dangers. Face shields are also an-



other form of protection that not only protect your eyes but your entire face and neck. The Penn State University Department of Environmental Health and Safety released a flyer about eye safety that is great for the workplace. You can download it [here](#). Also, here's a [link](#) to learn about the right type of eye coverage you may need.

It is nearly impossible to not use a computer screen at this point in life. Working on them can cause eye strain. To avoid that you will need to learn to take vision breaks, keep a safe distance from the screen, have a well lit room and get an eye exam in case you need glasses to view the screen clearly. More tips can be found [here](#).



DAYLIGHT SAVINGS TIME BEGINS!

Don't forget to turn your clocks forward on Sunday, March 9th, 2014 at 2:00am.

If you forget, you'll be late for work on Monday the 10th! Get all the info at the website.



[Click here.](#)

NORTHSTAR'S Staff Members

Ashley Lilick Service Team Member



NORTHSTAR just added Ashley to our service team. Ashley has previous experience as an account manager in facility maintenance.

She also has family that works in the electrical field and helped with the management of the business.

Fun Fact - Is learning to country line dance.

SPRING!!! It's FINALLY HERE!

The Vernal Equinox arrives on March 20th, 2014. This marks the first day of spring. It can't come soon enough for most of us. It has been a relatively rough winter and now we are hoping for a quick thaw and sunny days ahead.

There is a myth that you can stand eggs or brooms on end only during the vernal and autumnal equinoxes. The truth is, that if you have great patience and steady hands you are able to get any item to balance on end at any time of year. There is nothing special about these dates that would cause ordinary items to behave any differently.

While spring sounds great to most of us, some 30 to 60 million U.S. citizens suffer from seasonal allergies. Here's a [link](#) to help you stop suffering this spring if you are affected by pollen, spores and mold arising this season.

Forget allergies—FLEAS! They also become more active when it shifts to warmer weather. Have your pets checked regularly and if you go for outdoor walks or hike check your pants, coat, hair and shoes. Make sure you



aren't infecting your own home with these little critters.

There are a couple verses that may be valid for this spring since we have had some warm days and then snow again with bitter temperatures.

One swallow does not make a spring.

Bluebirds are a sign of spring; warm weather and gentle south breezes they bring.

In spring, no one thinks of the snow that fell last year.

Don't say that spring has come until you can put your foot on nine daisies.

*Spring-time sweet!
The whole Earth smiles, thy coming to greet.*

No matter how long the winter, spring is sure to follow.

Spring is when you fee like whistling even with a shoe full of slush ~ Doug Larson

Springtime is the land awakening. The March winds are

Happy Saint Patrick's Day!

St. Patrick's Day is known as the day of dressing up in green and having a couple adult beverages with buddies. The entire world over celebrates this unique holiday.

Many major cities across the world have parades. These include:
London, England
Tokyo, Japan
Munich, Germany
Dubai, United Arab Emirates
New York, New York
Montreal, Canada



In Sydney, Australia the Opera House lights up green for the festivities. (check out these colorful photos from the [Travel Channel](#))

The International Space Station even has a way to celebrate! A hundred-year-old flute was played and green clothing was worn!

While there is a major significance to the holiday—many people have forgotten it. Find out why it is important for many Irish and Christians—[here](#).

If it this holiday is not part of your roots take break and have a green beer, or a green tea if you don't drink, and soak up the alluring history that we can learn from other cultures.

Never stop learning about yourself or others. A little more understanding helps make the world a better place!



*Bonefish Grill, California Pizza Kitchen, Chill's Bar & Grill, Flemings Prime Steakhouse, Legal Seafood, Maggiano's Little Italy, McCormick & Schmick's, P.F. Chang's, Ruth's Chris Steakhouse, Season's 52, The Capital Grille, The Cheesecake Factory.