

Embrace Fall's Delights

ELECTRICAL SERVICES * SIGN INSTALLATIONS & REPAIRS * LIGHTING MAINTENANCE

NORTHSTAR ELECTRICAL SERVICES

PENNSYLVANIA * NEW JERSEY * DELAWARE

WANT FREE FOOD?

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

Congrats to August's Winner:

Kelly Flowers

CLS Facility Services

*Gift cards listed on the right side.

NORTHSTAR PROMOTES SAFETY— National Preparedness Month

September is National Preparedness Month. It's time to promote awareness of being prepared for disasters, emergencies, and other risks. The Scouts motto is "Always Be Prepared!"



Depending on where you live you may face natural disaster risks such as tornadoes, hurricanes, floods, wildfires, earthquakes, or others. You should know exactly what your risks are based on the location of your home and work.



Where will you and your family meet in the event of an emergency? Do you have pets? Shelter, water, food, and safety are all necessary in your plans for emergency situations.



Being prepared doesn't mean that you are thinking about the end of the world, but it does show that you are planning for the future. Safety and security matter.

You can help plan for an emergency through [Ready.gov](#).

ANOTHER GIFT CARD?

We are asking for your feedback and reviews.

Have we given great service to you?

If so, please leave a review for us. It takes less than 15 seconds and you don't need to sign up for anything.

If we have done any **Service** for you, please leave one [HERE](#)

If we did a **Sign** for you please leave one [HERE](#)

We appreciate our customers and only want to provide the best service and workmanship.

Provide your feedback and we'll enter you in our drawing for a \$100 gift card*

1 winner will be revealed in the October Newsletter

Thank you to those that have already left reviews. We appreciate it!

Is Sitting the New Smoking?

Runner's World Magazine recently had an article about the health risks of sitting too long. In developed nations where the majority of "work" is done at a desk many studies are finding that the effects of sitting and leading a sedentary lifestyle are just as harmful as smoking.

Think about the amount of time you are sitting. How long is your ride to work? Are you sitting at a desk all day? What about lunch? That phone call you just took, I bet you sat down for it.

Try small steps to move more in the office. Use the far printer. You can walk to the to your coworker instead of buzzing through intercom. You've heard it before, but take the stairs, not the elevator. Park further away than normal. Stand when you answer the phone. Every little bit helps. Check out the whole article [HERE](#).

Pumpkin Spice Latte!

Ingredients:

- 2 cups Milk
- 2 Tbl canned pumpkin (NOT pumpkin pie mix)
- 1 to 2 Tbl sugar
- 1/2 tsp pumpkin pie spice
- 1 Tbl vanilla
- 1/2 cup hot brewed coffee

Garnish:

- Whipped cream
- Dash of pumpkin pie spice
- 2 cinnamon sticks



In 2-quart saucepan, heat milk, pumpkin and sugar over medium heat until hot (do not boil). Remove from heat. Stir in 1/2 teaspoon pumpkin pie spice, the vanilla and coffee.

Pour into 2 large mugs. Garnish each with whipped cream, dash pumpkin pie spice and a cinnamon stick.

Recipe from [Betty Crocker](#).

America Represented in the Month of September

While the 4th of July holiday is still the biggest celebration of America's freedom, the month of September offers many chances to celebrate our great country as well.

Labor Day (9-2-2014) - Labor Day may not be a celebration of the country itself, it is a celebration that pays tribute to the workers that have made our country great. Without the hard work and dedication we pour into our jobs and careers we would not have become the thriving country we are today. Hats off to strengthening the economic value, prosperity and well-being of our home nation.

Patriot Day (9-11-14) - September 11th, 2001 was the largest tragedy in current time our nation has ever faced. On the anniversary of this event we come together to honor those that died, those that survived, those that helped ease suffering, and those that were touched (which is all of us). Please take a moment of silence at 8:46am EST on this day.

American Legion Day (9-16-14) - This day was created to promote an awareness of the American Legion's services to the local military community. The American Legion was es-

tablished to support veterans returning from World War I. They now provide a social community, financial support, and health aid to all those veterans of our military classes.

Constitution or Citizenship Day (9-17-14) - This is a day that observes the adoption of the Constitution and those that have become U.S. citizens. It's celebrated on the 17th of September since that was the date the Constitution was signed by the U.S. Constitutional Convention in 1787. If you were born in the great country, please don't take it for granted. If you have become a citizen and passed all the requirements, we commend you! If you are still working towards your citizenship, we believe in you and with perseverance you too can become an American citizen!

Native American Day (9-26-14) - Currently a holiday only in California, but our country should remember to honor and respect those that were here prior to the founding fathers of the United States. During this day it is suggested that you learn about the early settlers of this land and how they used to live and what their culture is and was like.



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