

# Spring is Around the Corner!

A WISER, SAFER CHOICE!

## ***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 or other gift card choice\*. Good luck!

**Congratulations to February's Winner:**

**Jared Eisenach**

**AdCon Signs**

Respond by March 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.

### March is National Ladder Safety Month!



Please join us in welcoming Kevin to our team!



Kevin comes to us with a background in construction as well as his CDL license!



## Northstar Promotes Safety—Frostbite

With the Polar Vortex that rolled through much of the nation last month, the temperature dropped to single digits and negatives in our area (and we had it good compared to others!) We had to pull our techs inside for certain days as it was too cold to do outdoor work for hours on end.

Frostbite is a type of injury that can happen when your skin is exposed to the cold for too long. According to the Mayo Clinic, frostbite is caused by freezing the skin and the underlying tissues. First your skin becomes very cold and red, then numb, hard and pale.

Symptoms of frostbite include:

- ◆ At first, cold skin and prickly feeling
- ◆ Numbness
- ◆ Red, white, bluish-white or grayish-yellow skin
- ◆ Hard or waxy looking skin
- ◆ Clumsiness due to joint and muscle stiffness
- ◆ Blistering after rewarming

How to Avoid Frostbite:

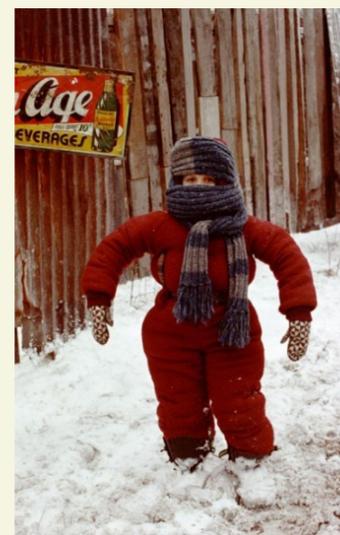
- ◆ Layer your clothing loosely
- ◆ Wear a hat that covers your head and ears
- ◆ Choose insulating mittens or gloves
- ◆ Don't skimp on socks or shoes

If you think you have frostbite you should get treatment im-

mediately. **DO NOT** rub your skin in an effort to warm it up, this can cause further damage. The hospital will be able to warm you up and restore blood flow to the affected area as well as prevent further damage.

For more information please visit the following sites:

[Mayo Clinic](#) and [WebMD](#)



## Mason Jar Herb Garden

The winter blues have been getting us down here in PA. We are all wishing for a little fresh green in our lives.

There are positives and negatives to living in an area that experiences all four seasons. One negative is the lack of access to good fruits and vegetables in the winter.



A relatively simple idea we've been discussing in the

office lately is to make an indoor herb garden in the kitchen. This way when we are cooking and need a little rosemary, we have it right here.

Liz in our office kept the ball rolling and decided to implement it in her house. Her kitchen isn't overly spacious so she needed to think of a way to make it work. She decided a good idea would be to put the garden on the walls. After searching Pinterest she finally decided to do her herb garden in mason jars. If you have the space, another option was to put the plants in small planters.



Fresh herbs bring life to any recipe. Liz's two favorites to use are basil and rosemary. A sprig of rosemary on a pork roast is the perfect way to bring out the flavors!

