



**'Tis a Fine
Meal to Be
Sure**

Going Green

Orange stars, yellow moons and green clovers might be great in a breakfast cereal, but not so much if you want to celebrate St. Paddy's day with a proper Irish dinner. Here's a quick, easy one-dish recipe to get you started on preparing the perfect "Green" meal.

Irish Shepherd's Pie

5 large potatoes - peeled and cubed
 1/2 cup milk
 1 tablespoon butter
 1 pound lean ground beef
 1 medium onion, chopped
 1 clove garlic, chopped
 1 ounce margarine
 1 ounce all-purpose flour
 2 tablespoons ketchup
 2 cups beef consomme
 2 tablespoons browning and seasoning sauce
 8 ounces shredded Cheddar cheese

Place the potatoes in a pot with enough water to cover. Bring to a boil and cook until tender. Drain and mash with desired amounts of milk and butter. Set aside. While the potatoes are cooking, crumble the ground beef into a large skillet over medium heat. Add onion and garlic; cook and stir until meat is no longer pink.

Preheat the oven to 400 degrees F. Melt the margarine in a small pan. Stir in the flour. Cook and stir over medium heat until dark brown, about 10 minutes. Let cool off the heat, then gradually stir in the consomme, ketchup and browning sauce until smooth. Set over medium heat and simmer until thick.

Welcome to Above and Beyond Electric Company's first newsletter. We hope that you enjoy it. Each monthly issue will be filled with tips for saving energy and ideas on living a more prosperous life in mind, body, spirit and pocketbook! In this edition, we celebrate spring and St. Paddy's Day by offering suggestions on going green. So sit back, enjoy and may the luck of the Irish always be with you!

It's Easy Being Green



Want to help save the planet but really don't have room for a windmill in your backyard? There are a number of easy steps you can take to conserve energy without tackling a major construction project. And as a added benefit, you'll see a lot more green in your wallet with the savings

on your utilities! Here are five easy ways you can become more earth friendly right now!

1. Unplug your cell phone charger when not in use. It burns more energy plugged into the wall than charging your phone.
2. Ninety percent of the energy consumed by your washing machine goes toward heating water. Turn the dial to cold and watch your bill take a dive.
3. That flat screen monitor you've always dreamed of? It uses one-third less electricity than a bulky regular computer monitor.
4. Keeping your refrigerator full conserves energy because there is less air to cool. It also saves on extra trips to the grocery, plus you'll avoid every

Stir the sauce into the ground beef and transfer to a casserole dish. Top with mashed potato, then sprinkle the cheese over the potatoes. Bake for 15 to 20 minutes in the preheated oven, until potatoes are toasted and cheese is melted.



Come Out and See Us on Earth Day

Visit us on April 19th at the

Above and Beyond booth at Shelby Farms during the park's Earth Day celebration. We'll be passing out information on how to easily live a greener life and raffle off gift bags throughout the day. The free festival is filled with food, fun and games for the entire family. For more information, click on the Down to Earth logo above.

Hot off the Press

Our company president, Nathan Harmeier, has just been accepted as a member of the U.S. Green Building Council. The council is a non-profit community of leaders working to make green building available to everyone within a generation.

Follow-up Links

aboveandbeyondelectric.com

shelbyfarmspark.org

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- parent's least-favorite question, "What's to eat?"
5. More sweet news: You can skip pre-rinsing the dishes and not feel guilty. This unnecessary step wastes up to 20 gallons of water a day. Just scrape the plates and pop them in the dishwasher.

Out of the Closet and into the Recycle Bin

OK, admit it. We all have them. Somewhere back in the deepest recesses of our . . . closets, there's an old VCR you just don't have the heart to throw away or that turntable you've been keeping around since the '70s. Well it's time to man (or woman) up, take a deep breath and get rid of it. And thanks to us, it will be easier for you and better for the planet.

We are in the midst of creating a new program, where our technicians will be accepting old electronics and lightbulbs for recycling. Look in future issues for more information.

ASK OUR EXPERT: Have a question about an electrical problem or thinking about a new renovation? We're here to help! E-mail your query to nathan@aboveandbeyondelectric.com.

Earn \$25

Everyone Wins!

Tell your friends and family about us . . . and give them this card to redeem. They'll get exceptional customer service, expert electrical repair or installation and a \$25 new customer discount. We'll thank you with a \$25 Visa Gift Card for each new customer who uses our services.

Referred by _____

Phone No. _____

E-mail _____

Offer Expires: June 30, 2009