

January 2010



Getting Wired



If you have a hot tub or swimming pool, read on. The following safety tips may just save your life. And now is the best time to implement them before the season begins.

According to the U.S. Consumer Product Safety Commission (CPSC) and the American Red Cross, there have been 60 deaths and nearly 50 serious shocks reported over the past several years involving electrical hazards in and around swimming pools and hot tubs. The best protection?

Inspection, detection and correction of electrical hazards in and around swimming pools, hot tubs and spas," says CPSC Chairman Hal Stratton.

If you already have a pool or spa, here are several safety measures you can implement right away:

- Know in advance the exact location of all electrical switches and circuit breakers designated for your pool equipment and lights;
- Know how to turn them off in case of emergency;
- Ensure that all electrical wires and junction boxes are at least five feet away from water;
- Test GFIs monthly to assure continued protection.
- Post an emergency plan within



The holidays are over. January is here and it's a new decade. What better time to start those new resolutions. And we're here to help. In this month's newsletter, we'll give you tips on losing weight and how to meditate. Have a great 2010 everyone!

Scaling Down

Dr. Oz's best diet tips

He may not live in Kansas anymore, have a little dog named Toto or have ever met Dorothy Gale, but this wizard is equally as magical to the many who follow his advice. Dr. Oz has helped millions and now he's sharing his best diet tips with you courtesy of thatsfit.com. Click on the preceding link to find out even more of his tips.



The Big Toss Out

Get rid of those temptations. Out with the old (junk food) and in with the new healthier alternatives. Clear your fridge and cabinets out all of the junk food. Read the labels and look for throw-away words, like high-fructose corn syrup and transfat.

Small Changes, Big Leaps

clear view of those using the pool;
 · Ensure that overhead power lines and junction boxes are safely positioned away from the pool or spa.

At Above and Beyond, we're always available to assist you on any electrical matter, especially where your family's safety is concerned. Give us a call at 901-266-4630.

Vegetable Chowder



Stay warm and healthy with this good-for-you recipe.

1 cup Small Shells
 3 cups 1% milk, divided
 1 10-oz. box frozen mixed vegetables, thawed and drained
 1/2 tsp. dried thyme
 1/2 tsp. paprika
 1 1/2 tbsp. cornstarch
 1 6-oz. can clams, drained
 Salt and pepper to taste

Prepare pasta according to package directions; drain. . Combine 2 1/2 cups milk, vegetables, thyme, paprika and pasta in a 2-quart saucepan. Cook over medium heat until bubbles form around the edge of the milk In a separate bowl, stir the remaining 1/2 cup milk and cornstarch together until cornstarch dissolves. Stir the cornstarch mixture into soup and heat to simmering. Add clams and simmer, stirring frequently, 3 minutes. Add salt and pepper to taste. Serve hot.

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Going from zero to 100 on a diet can be overwhelming and in the end possibly ruin your good intentions. Making just a few small changes can lead to big consequences. Try switching from soda (even diet) to water. Replace the salty treats, like chips, with crunchy healthy snacks, like carrots.

Fight the Starvation Mode

Sounds funny that you have to eat to lose weight, but it's true. If you have too few calories, your body shifts into starvation mode storing more fat. Don't go hungry.

Spice It Up

Eating spicy foods, like hot peppers, for breakfast can reduce your appetite for lunch. Try hot red peppers in an omelet or breakfast wrap.

Peace of Mind



Sit back and take a deep breath. Because what we are about to tell you can add quality to your life, be more relaxing than a walk on the beach and improve your overall health and well-being.

Meditation, or making your mind still through relaxation, is good for the body and soul. Researchers at Cedars-Sinai found that it can level out insulin and heart rates. Other studies show it is a natural pain reliever, up to a 50 percent decrease, according to the Institute of Natural Medicine and Prevention. It also can boost immunity, reduce elevated blood pressure levels, causes stress hormones to decrease and is more restful than a quick catnap.

But what happens if you don't have the local yogi on speed dial or feel uncomfortably sitting around your house chanting for an hour? A few minutes each day at home can do the trick. Benedictine monks at the Worth Abbey in Sussex, England, who meditate every day, tell you how.

1. Find a quiet place free from distraction.
2. Sit with your limbs uncrossed and with a straight back, hands in your lap.
3. Simply breathe at regular speed but breathe deeply and relax.
4. Close your eyes and think of a beautiful scene from the natural world.

Take a simple phrase and repeat it continuously in time with your breathing.

The Perfect Gift

Was Santa good this year and left a flat-screen TV under the tree or that new surround sound system you've always been dreaming about? If yes and you don't have a clue how to set it up, give us a call at 901-266-4630. We will have it installed quicker than you can say 500 channels.



**Save
\$50**

Pool & Spa Hook-up

Save \$50 off our regular price on a hook-up of your pool and/or spa wiring system.

Mention Code: SPA1010



Offer Expires: February 28, 2010. This offer may not be combined with any other discounts or promotions.