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Meet Our Technician



Robert Ingle
Service Manager

Robert has been with us for more than four years. His knowledge of the electrical industry produces high quality work and superior customer service. He ensures that our customers receive the best care. Robert has more than 20 years of experience and enjoys the variety of the job, making sure that our customers know they are definitely not "just another customer."

Robert is happily married and has four beautiful children. His interests include fishing, golfing, hunting and listening to country music.

Food for the Fourth

Summer Fireworks Pasta Salad

1 pound Rotini, uncooked
Cilantro Pesto (see recipe below)

3 tbsp. Iow-sodium chicken broth

1/2 - 3/4 lb. skinless, boneless chicken breast halves, cut in 1-inch pieces

July/2009



Wicked Witch of the West, we feel your pain. It's July in Memphis. And we, too, are melting, melting! It's hotter than a firecracker here, which is apropos since our nation's birthday is only a few days away. This month, we honor the Fourth the best way Americans know how - with food! Look for two of our favorite recipes for the holiday. And since this is Memphis and our weather can take a dive faster than the stockmarket, we've include a coupon for special savings on a permanent generator for your home and some tips for staying cool on a hot summer's day. Happy Fourth of July everyone!

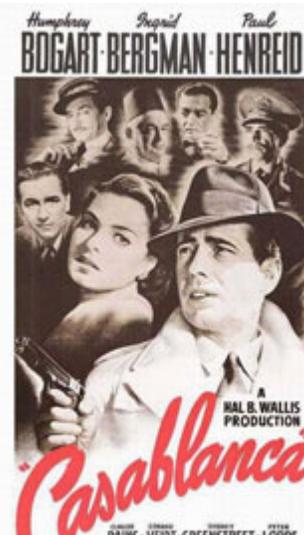
Keeping Your Cool

You don't have to leave town to beat the heat.

1. The Orpheum 203 S. Main St.

Sardonic looks, witty one-liners and ooh that perfectly tailored white dinner jacket. Everyone came to Rick's and there is good reason for it.

Never has there been a cooler actor than Humphrey Bogart. And he was at the height of coolness as Richard Blaine in *Casablanca*. This month, the



8 plum tomatoes, cut into 1-inch chunks
 1 small red onion, slivered lengthwise
 1/4 cup toasted pinenuts
Cilantro Pesto:
 2 cups packed cilantro leaves
 1 cup flat-leaf parsley
 3 garlic cloves, minced
 3 tbsp. Parmesan cheese
 2 tbsp. toasted pinenuts or walnuts
 1/2 cup low-sodium chicken broth
 1 tbsp olive oil
 1 1/2 tbsp. red wine vinegar
 Salt and freshly ground black pepper to taste

Prepare pasta according to package directions. Drain and set aside in large serving bowl. Place ingredients for Cilantro Pesto in a blender or food processor, process until finely chopped. Heat chicken broth in non-stick skillet over medium heat. Add chicken and saute 3 to 4 minutes per side, or until browned and cooked through. Add chicken, tomatoes, red onion and pine nuts to pasta. Toss with all of the Cilantro Pesto until combined.
 Garnish with cilantro sprigs and blue corn chips.

Apple Sweet and Sour Brats

12 bratwurst
 1 32-oz. jar sauerkraut, rinsed and well drained
 1 cup applesauce
 1/2 cup apple juice
 1 onion, sliced
 1 tablespoon butter
 2 tablespoons brown sugar
 1 large apple, cored and cubed
 1 teaspoon cinnamon
 Salt and pepper, to taste

In a large saucepan, simmer sauerkraut with applesauce and apple juice for 20 minutes. In a large deep skillet, heat butter over medium heat; add onions and sauté, stirring frequently, until very soft, about 10 minutes. Add brown sugar, and cook for 5 more minutes. The onions should be caramelized. Add apple pieces and sauté for 5 more minutes until apples are just tender. Add to sauerkraut along with cinnamon, salt and pepper. Keep warm until ready to

family can take a break from the sun and see the classic film, along with several others, on the big screen at the Orpheum. Log onto orpheum-memphis.com for a complete schedule.

2. Jerry's Sno Cone 657 Wells Station Rd.

We gar-on-tee you'll never find a better Sno Cone this side of New Orleans. It's velvety smooth and available in hundreds of flavors that are so good, they'll make your taste buds think they are having their own Mardi Gras. For an extra cool-down, try a supreme, which is the traditional sno mixed with soft-serve.

3. Fountains on Main Street Mall

You know this place: the one where the water jets out of the bricks and lots of kids are having the time of their lives. Well, you don't have to be 10 to enjoy the Fountains on Main Street Mall downtown. Grab a suit, some sunscreen, the family and skip through the cool sprays.

We've Got Your Back Up

Do You Need a Permanent Generator?

Hurricane Elvis, the Hickory Hill tornado, this month's severe storm. If there is one thing that we can bet on in Memphis, it's that we'll be hit by bad weather. And in many cases that equals power outages up to several weeks.

Lack of electricity for just a few hours is usually no problem. But any longer and life can quickly become miserable and costly. And without proper heat or air, it can even become deadly, especially for seniors and very young children.

So what should you do to prevent going long periods of time without power? Portable generators can take care of the essentials, like the refrigerator, a fan or a few lights. There are many models available, depending on how much power you'll need and whether you want to run it on gasoline, diesel, propane or natural gas. Here at Above and Beyond, we can supply the best portable generator to suit your needs and make sure it is running properly.

If you can afford it, though, the best solution is a permanent generator. In the last several years, costs for permanent generators have gone down and technology has improved, spurring higher demand by consumers.

They run on natural or LP gas. In most cases, the generators automatically power up when your power is down or can be turned on by a simple flip of a switch.

So the big the question is, how much is it going to cost? A lot depends on the amount of power you'll need, which in turn,

serve. Prepare a medium-hot fire in grill. Grill bratwurst directly over fire, turning, until evenly browned, about 5-7 minutes. Add to sauerkraut.

indicates the proper size of generator necessary.

That's where we come in. Tell us what you would like to run in an emergency situation, like your refrigerator, alarm system and central heat and air, and we can let you know what size of generator you'll need and the cost.

If it's within your budget (average price is from \$6,000 to \$11,000), we'll order it and install it for you. And to make the deal even sweeter, we'll take \$200 off the final bill. See coupon below.

If you are interested in a permanent generator, just let us know. Give us a call at 901-266-4630, and we'll have it installed as quickly as possible. So when the next storm hits, you can keep your cool, both mentally and physically!

Catch the Wave

Have you noticed how gloomy drivers are when they are driving to work in the morning? Above and Beyond Electric is going to try to change that - at least for commuters coming to Bartlett. On Friday, July 17th, beginning at 8 a.m., we will be out on the corner of Germantown Road and Highway 64 in front of Bahama Breeze, waving and displaying a smile-generating Good Morning banner to greet motorists as they drive by. It's all in fun and an attempt to put a smile on the faces of the back-to-work crowd.



We won't be alone in our quest to put smiles on the faces of passing motorists. We will be joining as many as 350 other independent plumbing, heating, cooling and electrical companies across North America that will be participating in International Wave Day, a giant wave across the continent. The international event is being promoted by Nexstar, a professional business training and development association that helps Above and Beyond Electric and other member companies improve their business management and customer service.



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