

May 2009



Celebrate Spring!

Spring Has Sprung

It's that time when all seems perfect in the world. The flowers are in full bloom, it's green wherever you look and the weather couldn't be finer. In this issue, we celebrate everyone's favorite time of year, with remodeling tips, recipes to dine al fresco and discounts only available in spring.

Above and Beyond Lends a Hand

Spring is all about new beginnings, and At Above and Beyond Electric, we believe in giving those in need a second chance. As part of our philosophy of giving back to our community, we've partnered with MIFA (Metropolitan Inter-Faith Association) to lend a helping hand.

Several times a year, Above and Beyond's President, Nathan Harmeier, and staff volunteer to deliver meals on wheels to elderly residents in our city. In addition, the company is in the midst of a canned food drive for MIFA. Every customer who donates five canned goods receives \$25 off his/her service call.

"During these tough economic times, people need help more than ever," says Nathan. "We could think of no better way to be of assistance than by being able to offer a hot meal or canned goods to those who are hungry."

MIFA agrees. "Above and Beyond Electric has provided invaluable volunteer support to MIFA," says Anna K. Word, development director. "In addition to introducing their clients to the MIFA Store and Emergency Services through corporate marketing incentives that provide necessary items for these programs, they deliver meals on a regular basis to home-bound seniors in our community. This support is critical during our current economic crisis, when so many people need MIFA more than ever before."

For more information on donating canned goods, call us at 901-266-4630.

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Just Grillin'



Bush's Grilled Stuffed Sweet Potatoes

- 2 large sweet potatoes, sliced
- 1 apple - peeled, cored and thinly sliced
- Ground cinnamon to taste
- White sugar to taste
- 1/2 cup butter

Preheat an outdoor grill. In a bowl, toss the sweet potato and apple slices with the cinnamon and sugar. Divide the mixture into 4 portions, place each on a large piece of aluminum foil. Top each with an equal amount of butter. Tightly seal foil around each portion. Place foil packets on the grill, and cook 40 minutes, turning every 5 to 10 minutes, until potatoes and apples are tender.

Adobo Sirloin

- 1 lime, juiced
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 2 tablespoons finely chopped canned chipotle peppers in adobo sauce
- Adobo sauce from canned chipotle peppers to taste
- 4 (8 ounce) beef sirloin

It's Time to Remodel

Have you heard the siren song of Home Depot? Is Lowe's calling your name every night? Well then, it's official: You've caught the spring remodeling bug.



With moderate temperatures and lots of sunshine, now's the perfect time to start that project and feed that inner need to build something. Here are some tips to help you get started, and don't forget to call us for all your electrical remodeling needs at 901-266-4630!

- Save money by planning ahead. Go through the design process first and choose everything you want to include in the new room(s), from appliances to light fixtures, etc. This will define your budget and prevent hasty (and costly) decisions later in the project.
- If all the room really needs is a facelift, make the most of changes with paint, as opposed to structural changes. Changing the color of a room can revitalize it. This is the easiest way to bring life to a room on a budget.
- Pay attention to how labor intensive some design
- Creating more space can be a big budget buster. Once you add square footage to a home, the price increases significantly. One alternative is to borrow space from a neighboring room (called space reconfiguration). A great place to steal space for a bathroom expansion is from the linen closet.

Information courtesy of The National Association of the Remodeling Industry.

steaks
Salt and pepper to taste

In a small bowl, mix the lime juice, garlic, oregano, and cumin. Stir in chipotle peppers, and season to taste with adobo sauce.

Pierce the meat on both sides with a sharp knife, sprinkle with salt and pepper, and place in a glass dish. Pour lime and chipotle sauce over meat, and turn to coat.

Cover, and marinate in the refrigerator for 1 to 2 hours. Preheat grill for high heat. Lightly brush grill grate with oil. Place steaks on the grill, and discard marinade. Grill steaks for 6 minutes per side, or to desired doneness.

Recipes courtesy of All Recipes

Save 10%

Spring is our favorite time of year, and we want to help you get those jobs around the house done now. For a limited time, we will be offering 10 percent off each and every service call. So whether you are thinking of starting a remodeling project, adding outdoor lighting, or just need some repair work, call the electricians you can trust. We are licensed, bonded and insured, and guarantee every job!



Call us today to schedule your appointment! 901-266-4630

Offer Expires: June 15, 2009