



# AROUND THE HOUSE

JUNE 2012

NEWS FROM OUR FAMILY TO YOURS



## June is National Safety Month: Fun in the Sun

With summer right around the corner, June is an appropriate month for us to focus our efforts on safety.

Did you know that the summer season traditionally is a time of increased unintentional injuries and fatalities? During late spring and summer many people like to spend time outside in the sun for fun or work. But overexposure to the sun can damage the skin and could cause skin cancer. Heat stroke, heat exhaustion, heat cramps and heat rash are also possible when you become overexerted in the heat. Follow these safety tips and enjoy a healthy summer. Whether working or playing outside - during extreme heat:

- check on workers/family frequently
- slow down - avoid strenuous activity
- take frequent breaks in a cool environment
- avoid too much sunshine
- wear loose-fitting, lightweight, light-colored clothing
- protect face and head by wearing a wide-brimmed hat
- wear UV-absorbent sunglasses to protect the eyes
- take frequent breaks when working outdoors
- drink plenty of water regularly and often
- avoid drinks with alcohol or caffeine
- postpone outdoor tasks or schedule work for the early morning

And when swimming:

- Always enter the water feet first to avoid diving accidents
- If the water temperature is less than 50 degrees, you may not be able to swim at all after 15-20 minutes
- Avoid swimming past your ability or in rough water
- Never swim alone or leave young children unattended
- Wear life jackets during recreational boating or at dockside by small children
- Make sure the pool or lake is deep enough before diving into the water
- Do not consume alcoholic beverages when swimming or boating
- Be cautious of strong currents when swimming in the ocean
- Fence all home pools
- Learn CPR
- Get out of the water immediately if you hear thunder or see lightning
- Pool chemicals can spontaneously combust if contaminated by organic materials (such as body fluids, acid rain, etc.) or hydrocarbon liquids such as fuel or motor oil. This type of fire will result in toxic fumes that are extremely dangerous. Store chemicals outside home according to directions



### *Our Services Include*

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*Service*

*Maintenance*

*Installation*

### **Inside This Issue:**

- **Summer Safety Tips**
- **The Origin of Father's Day**
- **Manufacturing Expected to Boom**

***Plus much, much more!!!***



## Celebrate Father's Day Sunday, June 17

The idea of Father's Day was conceived slightly more than a century ago by Sonora Dodd of Spokane, Wash., while she listened to a Mother's Day sermon in 1909. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm. A day in June was chosen for the first Father's Day celebration. June 17, 1910 was proclaimed by Spokane's mayor because it was the month of Smart's birth. The first presidential proclamation honoring fathers was issued in 1966 when President Lyndon Johnson designated the third Sunday in June as Father's Day. Father's Day has been celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent

### How Many Fathers?

**70.1 million** Estimated number of fathers across the nation.

**24.7 million** Number of fathers who were part of married-couple families with children younger than 18 in 2011.

**1.7 million** Number of single fathers in 2011; 15 percent of single parents were men.

### Thinking of You, Dad

**7,708** The number of men's clothing stores around the country (as of 2009), a good place to buy dad a tie or shirt

**15,734** The number of hardware stores (as of 2009), a place to buy hammers, wrenches, screwdrivers and other items high on the list of Father's Day gifts. Additionally, there were 6,897 home centers across the country in 2009.

**21,628** Number of sporting goods stores in 2009. These stores are good places to purchase traditional gifts for dad, such as fishing rods and golf clubs.

**79.1 million** The number of Americans who participated in a barbecue in 2010. It's probably safe to assume many of these barbecues took place on Father's Day.

## Just for Fun



### Funny Father's Day Jokes and One-Liners

Dad Wisdom: Growing old is inevitable; growing up is optional.

Dad Wisdom: Raising a teenager is like nailing Jell-O to a tree!

Dad Wisdom: Sweater: a garment worn by a child when a mother feels chilly.

Dad Wisdom: I'm writing a book. I've got the page numbers done already.

Dad Wisdom: Looking for a helping hand? There's one on your arm.

Dad Wisdom: Men are from earth. Women are from earth. Deal with it.

## East Coast Air, LLC

### June Is:

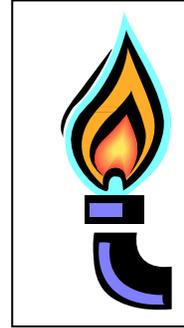
- National Safety Month
- Aquarium Month
- Candy Month
- Dairy Month
- Fight the Filthy Fly Month
- Gay Pride Month
- National Dairy Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetables Month
- Rose Month
- Turkey Lovers Month
- Men's Health Month



### Celebrate National Rose Month!

Give a rose to numerous people, not just to the love of your life. Take a rose to an elderly person who could use a little beauty to brighten his world. Give a rose to someone who has made a difference in your life or your day with his upbeat personality or caring attitude. Surprise a person who works in a care-giving field with an appreciation rose. Buy yourself a bouquet of roses. Give a rose bush if you prefer a longer-lasting gift. There are many more options available today than there used to be. The standard-size rose bush in an almost endless variety of colors is one option, or you might choose to give someone a climbing rose if it is appropriate for her planting location.

### Cheaper Natural Gas Fuels Manufacturing Job Growth



The fast-growing supply of natural gas in the United States is setting the stage for a manufacturing revival, especially in chemical production, steel and agricultural products.

At PricewaterhouseCoopers, they estimate that inexpensive natural gas could help U.S. manufacturers save \$11.6 billion a year and create more than 500,000 jobs by 2025.

At this time, Dow Chemical plans to spend \$4 billion to build two chemical plants near the Gulf Coast, and Methanex will move a methanol operation from Chile to Geismar, La., by 2014.

Steel maker Nucor is building a \$750 million plant that will use natural gas, instead of coal, to make iron in St. James Parish, La.

In agriculture, Potash is restarting a nitrogen fertilizer plant in Geismar, La., and Rentech Nitrogen will expand its facility in East Dubuque, Ill.

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To solve a sudoku, you only need logic and patience. No math is required.  
Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

**WE WELCOME THIS MONTH'S NEW CLIENTS TO THE "EAST COAST AIR" FAMILY**

Here are some of our new clients that became members of the "East Coast Air Family" this past month. We'd like to welcome you and wish you all the best!

*Mr. & Mrs. Gallant of MI, Tom Humphreys of MB, Tonya Goddard of MB, Joe Tutka of GC, Kate Richter of MB, Gary Smith of MB, Anna Marie Kondrat of MB, Daryl Steiner of MI,*



**National Fishing and Boating Week  
June 2 - 10**

It's time to celebrate the long-held tradition of fishing, whether you go alone for peace and solitude or take along family members and friends to share the fun.

Some states offer free fishing on other days. To check for events in your state, visit [takemefishing.org](http://takemefishing.org) for their free fishing days pdf.

Unfortunately, far too many of our young people have never enjoyed this experience, especially city kids. Fishing license sales have steadily declined, and the trend seems to be increasing.

Government agencies and the boating and fishing industries are promoting the sport during this NFBW celebration. It offers free fishing and attractions for people of every age.

The main goal is to introduce kids to the sport and hope it becomes a lifetime source of enjoyment for them.

Major sporting companies and even airlines are cooperating by sponsoring fishing derbies and contests. Many event presenters have stocked their lakes and will close them to fishing until NFBW to ensure every participant goes home with a catch.

Some say there are two types of fisherman: those who fish for sport and those who fish for fish.

Dust off your poles or rods and plan to visit a lake, pond or river bank during a free fishing event.

**Exercise Means Better Sleep & Less Fatigue**

A report in Mental Health and Physical Activity, shows that people who get 150 minutes a week of moderate exercise (or 75 minutes of vigorous exercise) feel less fatigue during the day and sleep better at night.

Researchers studied 3,081 men and women between the ages of 18 and 85 to determine nighttime sleep patterns. Those who met these National Institute of Health exercise guidelines were less likely to report sleepiness during the day, less likely to experience leg cramps while sleeping, and less likely to have difficulty concentrating when tired.

The doctors also concluded that those who were more active during the day fell asleep faster at night.

**Check your medicine cabinet for these items:**

**Antibacterial ointment for wounds.**

**Sterile saline solution for washing wounds and rinsing eyes.**

**Sterile gauze, bandages of different sizes, adhesive tape and scissors.**

**Tweezers to remove splinters.**

**Pain reliever, like aspirin, ibuprofen, or Tylenol.**

**Oral antihistamine for itching and allergies. Have hand sanitizer in stock.**

## Top Off Father's Day With A Steak Sandwich Fit for a King!

### Ingredients

- 4 hard rolls, split
- 1/2 cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon Parmesan cheese
- 
- 3 tablespoons olive oil
- 2 pounds round steak, thinly sliced
- 1 large onion, sliced and quartered
- 1 pinch coarse sea salt
- 1/2 teaspoon Worcestershire sauce
- 1/8 teaspoon liquid smoke
- 
- 8 (1 ounce) slices provolone cheese
- 1/2 teaspoon Italian seasoning



### Directions

1. Preheat an oven to 500 degrees F (260 degrees C). Split the rolls open and toast them on a baking sheet in the oven while it is preheating. Mix together the mayonnaise, garlic, and Parmesan cheese in a small bowl. Refrigerate until ready to use. Remove the rolls from the oven when toasted as desired.
2. Heat olive oil in a large skillet over medium-high heat. Carefully place the sliced steak and onions in the pan and season with sea salt, Worcestershire sauce, and liquid smoke. Cook and stir until the steak is browned and the onion is tender, about 10 minutes.
3. Generously spread the prepared garlic-Parmesan mayonnaise on both halves of the toasted rolls. Divide the steak and onion mixture evenly among the bottom halves of the rolls, piling them high. Top each with 2 slices provolone cheese and sprinkle with Italian seasoning. Place the tops on the sandwiches.
4. Bake the sandwiches on a baking sheet in the preheated oven until the cheese is melted, about 5 minutes.

#### If your teeth could talk ...

They would tell you how to prevent loss of tooth enamel: limit acidic beverages such as sodas with cola or citrus flavors, diet sodas, sports drinks like Gatorade, energy drinks like Red Bull, citrus juices and wine. Prolonged exposure by sipping is the most erosive. It helps to drink water or rinse your mouth after these drinks.

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**Client of the Month!**

Every month we choose an(East Coast Air)ClientOfTheMonth. It's just our way of saying thanks and giving a little recognition to our good friends and clients who help support us!

This month's client of the month is **Bill & Pearl Thorn** ! Congratulations! **And thank you, Mr. & Mrs. Thorn for referring Daryl Steiner, to us !!!**

Mr. & Mrs. Thorn win a **Gift Card**. You can be the client of the month too! Watch for your name here in an upcoming month!

**SEND A REFERRAL: GET A PRIZE**

For every referral you send our way that becomes a client, you will receive a gift from East Coast Air:

“\$100”

By referring your family, friends & neighbors, you've helped our business grow. Offering these special rewards is our way of saying, **“Thank you, you're the best!”**

Without you, we couldn't do what we do. To take advantage of our Referral Reward Program, just fill out the enclosed referral sheet and either fax or send it in. That's all there is to it!

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If you use this form, we will be able to make sure you get credit for all of your referrals when they become clients. If you have any questions, just give us a call at (843-997-5579).

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Home Phone \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_



**Yes! Feel free to use my name as a reference when you contact the referrals!**



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