

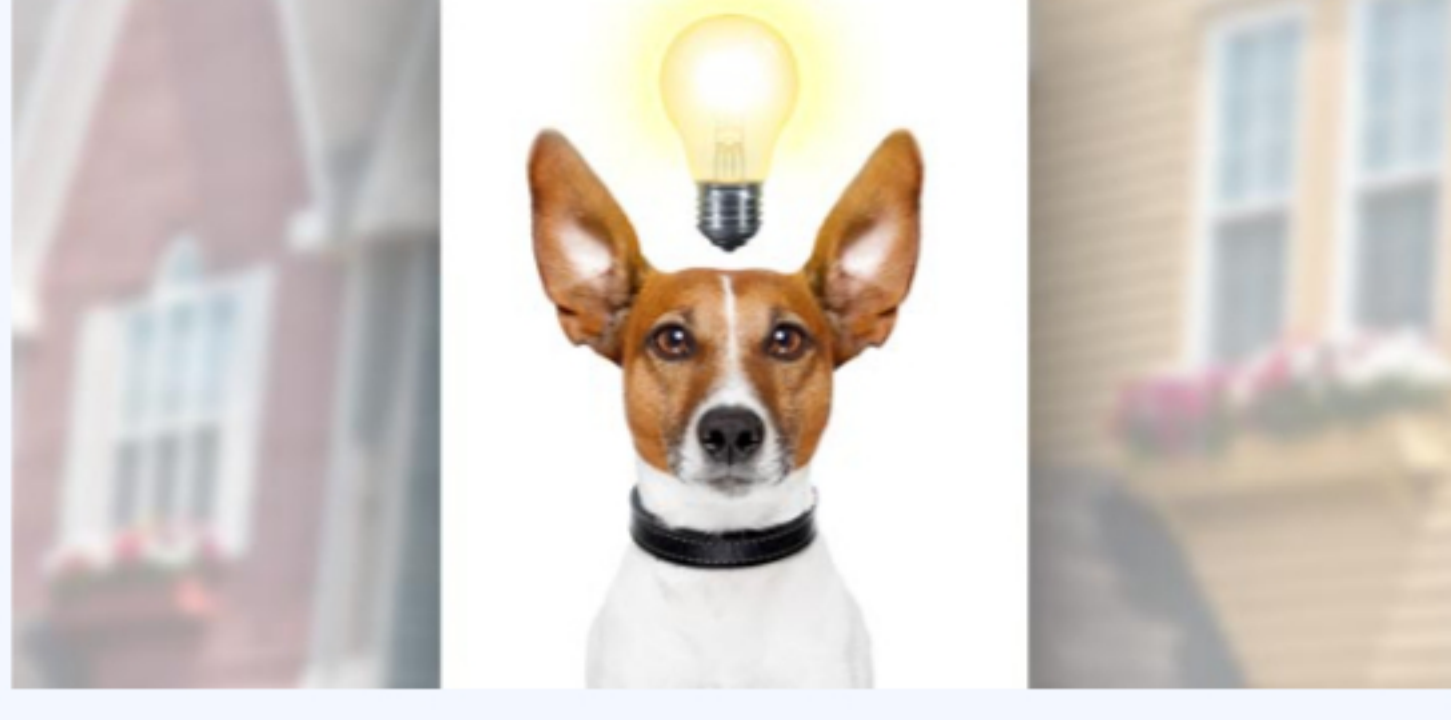


(205) 433-4022

**SUPERIOR SERVICE ELECTRIC**

*"Call Us Today and We are On the Way!"*

## Saving On Your Electric Bill During The Dog Days Of Summer



As Summer Officially Comes To An End — The traditional end of summer is rapidly approaching, but your home's electrical consumption levels are still likely higher than usual.

Between your home's comfort system fighting the heat and more people staying at home for longer, you're using more electricity right now.

Our experts offer tips for reducing your energy spend, improve your energy efficiency, and ensure your home's safe operation under an increased electrical strain. Call us today for more information!

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## Not Just Sunblock: These Foods Help Your Skin Tolerate The Summer Sun



Wearing sunblock with a sun protection factor (SPF) 30 is the best way to avoid sunburn. Unfortunately, people don't do it when they are out in the sun for only a short time.

Often, that short period drags, on and there they are in the sun without protection. There is a form of sunblock that's always on duty, won't wash off when you sweat or swim, and has other healthful benefits. It's created by foods that block the effects of the sun.

- **Tomatoes** - Think lycopene, the same substance that protects against some forms of cancer. Studies reported in the Journal of Nutrition show that when you consume just six ounces of tomato juice or a quarter cup of spaghetti sauce, you get enough lycopene to reduce the risk of sunburn by up to 40 percent.
- **Sweet Potatoes & Carrots** - Beta-carotene is what gives these foods their orange color. If you eat a helping every other day, you will collect beta-carotene in your skin. Studies reported in Men's Fitness show that this vitamin could shield your skin from certain UV rays. That means you can stay in the sun longer without burning.
- **Lemons** - Make a pitcher of lemonade and have a glass. Researchers at the University of Arizona report that lemons (also limes and grapefruit) contain d-limonene, an antioxidant known to lower skin cancer risk. Freshly squeezed juices are the best and contain about 20 times as much d-limonene as commercial varieties. Add some peel or zest to salads. Just one tablespoon of zest a week can reduce the risk of skin cancer by up to 30 percent.

## "RightSizing" Is All The Rage

*Deciding What You Need & What You Don't*



With many people still stuck at home, many people have taken up projects to help pass the time and improve their home life. Chances are, you've accumulated a fair share of "trash and treasure" over the years - so now is a perfect time to re-organize your home.

- **Emptying The Closets & Unused Rooms**- As kids have grown up or moved away - or as your hobbies have changed, some of those toys and tools are gathering dust. Assess realistic goals - are you *really* going to use that snowboard or exercise bike ever again? And when you can, send stuff you've been storing for your other family members back to where they came from.
- **Clearing Out Your Off-Site Storage** - If you've had so much stuff in your house that you had to get outside storage, consider what you really need out of that storage locker rental. Chances are you're paying rent for stuff that you don't even want or need anymore.
- **Furniture** - Of course you need the right bed, table, and chair for your space - but are you crowding your home with too much stuff. Do you really need living room seating for 15 with that sectional & couch? Think like home stagers do - add furniture with utility AND open space in mind.
- **Dusting Off Those Collectibles Or Old Technology** - Sure, a small stamp or coin collection may be a fine relic to hold on to. But, if you still have boxes of "Beanie Babies" or even VHS tapes... you're likely wasting space. Consider reselling your collectibles to make a little money from your previous passion or upgrading old tech into a more usable format.
- **Old Family Photos Or Kids' Art** - Every family has that box of photos that no one goes through or the macaroni art picture frame sitting in a box somewhere that you've never had the heart to throw away. Consider converting those physical items into a digital format by scanning or taking digital photos. Not only does this do a better job of preserving those treasures, but it also makes it easier to share and reproduce those pictures and pieces of art for friends and family.

**Superior Service Electric is here for all of your electrical system needs.**

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