

# Peter S. Turello, LLC



## Wants to Wish You and Your Family a Wonderful Holiday Season!

**We** are ready for any blizzard or snow storm. Our fleet of trucks are ready to plow even in the most harsh weather that Connecticut may have this winter. Our commercial snow plowing service is ready for your call any time of the day or night to get your parking lots and sidewalks clean! We provide full service snow removal, on or off site.



**860-443-6475**

### WE ARE...

- Locally Owned and Operated Since 1912
- Reliable
- Dependable Insured

### WE PROVIDE...

- Professional and Friendly Service
- Personalized Services
- Competitive Rates



### December Updates

- Parking Lot Expansion at AHEPA 255 Apartments, in Niantic
- New Concrete Stairs at Eagle Point Apartments

### We also salt!



#### *The Scoop on Shoveling Safety*

- Snow shoveling is no different than any other physical activity. If you are physically unable to shovel consider hiring someone to perform snow removal for you.
- Warm up before starting, start slowly, work at a steady pace, take frequent breaks., and stay hydrated.
- Choose a small shovel, it is better to push the snow when possible.
- Stand with your feet apart slightly and bend your knees as you lift.
- Wear multiple layers for insulation, and cover your extremities to guard against frostbite.
- Avoid drinking caffeinated beverages and energy drinks which can elevate your heart rate,.
- Shovel often as the snow falls.  
SNOW CAN BE HEAVY!
- Take a hot shower when you are done.

**Proud To Support Our Community**  
**LAMBS** (The Lawrence and Memorial Benefactors Society) was founded in 1960 for the purpose of advancing the Hospital's education, medical equipment and research needs.

*Happy Holidays!*