
MONA ELECTRICAL SERVICE, INC.

August 9, 1991

SUBSTANCE ABUSE UPDATE

The effects of many drugs including marijuana and alcohol last much longer than the "high". When you return to work after using drugs or alcohol, you endanger your life and the lives of your co-workers.

CODE REMINDER

When installing 2 or more cables through a stud, you must use a kick plate. Lately we have noticed that the inspectors have been cracking down on this.

WEDDING BELLS RING

We now pronounce Larry Grenier and Tracy McIntosh husband and wife! Congratulations to the brand new newlyweds who joined in holy matrimony on August 2, 1991. We wish you both a lot of happiness.

FASCINATING FACT

While washing your hands with regular soap is relatively ineffective at killing bacteria and viruses, it does remove a considerable amount of them and thus helps slow the spread of colds.

EMPLOYEES OF THE MONTH

Congratulations to Diane Kobilis and Mike Person on their selection as our August "Employees of the Month".

Diane Kobilis, Billing Administrator, keeps things moving in the office and field. She is responsible for taking electricians time to billing the customer. She keeps the service men in line while always projecting her enthusiastic positive attitude!

Mike Person, Service Mechanic, is a very cooperative and professional electrician. He is now working at 2021 K Street and has a terrific working attitude. Keep up the good work and congratulations to you both.

UPDATE ON ANDY

Andy is progressing quite well from his surgery and is recuperating at Washington Hospital Center - 110 Irving Street, NW, Washington, DC 20018 phone (202) 877-4786. Visiting hours are from 4:00 p.m. to 8:00 p.m. He is expected to be released from the hospital within one week. Keep up the phone calls!

HOW MUCH SHOULD YOU DRINK?

Thirst is your body's signal that you need fluid. However, thirst is an imperfect signal and can shut down before you've drunk enough. Studies have found this to be especially true in the elderly.

As a rule of thumb, try to drink at least six and preferably eight 8 ounce glasses of liquid a day. In practical terms, this means drinking something with each meal and at least one glass in between

SAFETY NOTE

Don't throw anything from a height unless you have checked to make sure no one is below. Warn people working below you.

EOE