

# MONA ELECTRICAL SERVICE, INC.



September 20, 1991

## SUBSTANCE ABUSE UPDATE

How do I say "No" if someone offers me alcohol? Odds are that long before you're 21, someone will urge you to drink. It may not be easy to say "no" but if you're feeling good about yourself and firmly believe that it's the mature decision, saying "no" won't be as hard. You can just say "no", give reasons for your choice, or say you have better things to do. Even though you may feel awkward in this situation, remember that you have lots of support for saying yes to your health and well-being.

## NEW ARRIVAL

Blue baby booties are being worn at the Pasqualle home by a new baby boy. Darin Pasqualle and wife Penny are proud parents of their third child, Michael Calvin. Michael was born on September 10th weighing 8 pounds 1 ounce. The Pasqualle family is healthy and enjoying the new arrival. Congratulations!

## ATTENTION ALL FIELD AND OFFICE EMPLOYEES

Mark your calendars for October 10, 1991 at 4:00 p.m. as we will be offering a "BASIC FIRE ALARM CLASS". The class will be held in our office (7915 Malcolm Road, Clinton, MD/ Suite 200/ Training Area). Our speakers will be Paul Warren and George Adcock. Please contact Barbara Huber (301) 868-8400 to reserve a seat! We will be discussing the following:

- System Types
- Devices and Types
- Class A&B Wiring

Hope to see you there!

## FASCINATING FACTS

- A cheese Danish can contain as many calories and as much fat as a hamburger. At Wendy's, for instance, each has about 350 calories and 18 grams of fat.

- The seafood highest in cholesterol is squid - 220 milligrams in three ounces (cooked). Still, squid is very low in fat, unless it's fried.

## JOB SPOTLIGHT

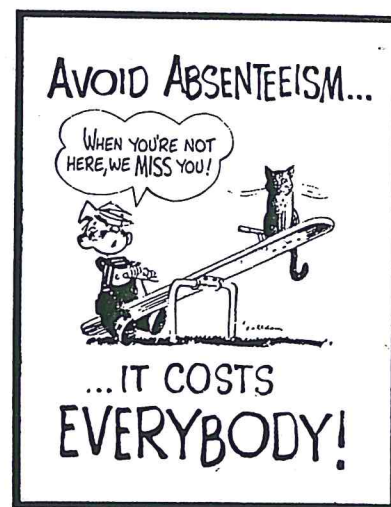
A hand shake and job well done goes out to Pat Hall and Joe Patrick on their performance on 1572 Pres. Comm. on Emp. of People with Disabilities project. Forrest Nichols of Lehrer McGovern Bovis expressed his appreciation to Mona for completing this tenant space on time. Way to go Pat and Joe!

## THE RACE IS ON!

Time is running out for you to sign up for the October 12th PG County anti-drug program race. You can walk or run - the race begins and ends at the Capital Centre. Our list of participants is growing. Call Barbara Huber for more information about signing up.

## COMING TO MARYLAND - 301/410 - IN NOVEMBER

In November 1991, about half the state's phone customers will be in Area Code 410 - the other half will keep area code 301. In November 1991 you'll be able to reach numbers in area code 410 by dialing 410 or 301. But in November 1992, you will have to dial 410 to reach numbers in the new area code. If you dial 301 by mistake, a recording will tell you to dial again using Area Code 410. This is being done to prevent Maryland from running out of phone numbers. Garrett, Allegany, Washington, Frederick, Montgomery, Prince George's, Charles and St. Mary's Counties will keep the 301 area code. For a listing of 7-digit phone numbers that will change, call Barbara Huber.



## SAFETY NOTE

Make sure ladders are in good condition, firmly placed, and secure. Have both hands free when going up or down ladders.

EOE