

MONA ELECTRICAL SERVICE, INC.

October 2, 1992

CONGRATULATIONS

Congratulations Mark Mona for being appointed to the Board of Directors of The Virginia and Metro Washington Chapters of Associated Builders and Contractors.

HURRICANE DESTRUCTION

Mark Mona, Bill Cates and Ray Wycoff were invited to view the hurricane destruction in Florida to determine possible work opportunities with a special client. At this time, we are on a hold basis until the total damage has been evaluated. If we move forward, we will give advise you.

Once again Mona employees were able to rise to the occasion by donating \$410.00 to the American Red Cross Hurricane Disaster Relief fund. Thank you for your generosity.

GET WELL WISHES

A big "Hope You Feel Better Soon" goes out to Dave Johnson's daughter Ashley Nicole who recently had foot surgery. The surgery was a success.

800 REMINDER

Please remember to use the 800 number when calling in long distance. That number is 1-800-728-8400.

WELCOME BACK

A hearty "Welcome Back" is extended to Ron Warren. Ron is assisting the Technical Department in pursuing more work. We are glad to have you part of the MONA Team!!

GRANDFATHERS - EXPECTING AND NEWLY

Del Pennington is a very proud grandfather to his recent grandson, Dylan Cole Marian, weighing a healthy 9 lbs 9 oz on 09/15/92. The proud parents, Jill and Shane Marine, are enjoying their new bundle of joy.

1st time Grandpa George King, DC Superintendent, is proud to announce the birth of his grandson Joshua Andrew. Joshua was born on 09/28/92 at 11:44 p.m. and weighed 8 lbs. 10 1/2 oz.

Bill Millholland, Technical Project Manager, is our newly expected grandfather. His son Bill and daughter-n-law Beth are expecting in April.. Congratulations to all our Grandfathers!

1992 ABC SUBCONTRACTOR OF THE YEAR

Mona has been selected by the Metro Washington and Virginia Chapters of the Associated Builders and Contractors as the "Subcontractor of the Year" in the electrical category. This award is an especially high achievement as we have now been so honored for two years in a row. Your commitment to excellence in the electrical industry has helped us reach this level of performance and we look forward to continued accolades and recognition as we strive to reach new levels of quality and superiority in our chosen field.

FASCINATING FACT

The average American today is drinking 62 fewer quarts of whole milk a year than in 1955, and 38 quarts more of lowfat or nonfat mil. That leaves a net decline of 24 quarts of milk per person per year and a likely shortfall in calcium of about 80 milligrams a day (10% of the RDA)

SAFETY NOTE

Good housekeeping is a key to accident reduction and indicates to everyone that the project is well managed and staffed by a professional, competent crew.

WEDDING BELLS RING

Rice was flying on Saturday, September 19th for Patrick & Rhonda Cates,

son of Bill & Filomena Cates. The newlyweds are honeymooning in Hawaii and will reside in New Jersey. Congratulations.

10 TIPS FOR HEALTHY AGING

- Eat a balanced diet
- Exercise regularly
- Get regular check-ups
- Don't smoke, it's never too late to quit
- Practice safety habits at home to prevent falls and fractures. Always wear your seatbelt when traveling by car
- Maintain contacts with family and fiends, and stay active through work, recreation and community.
- Avoid overexposure to the sun and the cold.
- If you drink, moderation is the key. When you drink, let someone else drive.
- Keep personal and financial records in order to simplify budgeting and investing. Plan long-term housing and financial needs.
- Keep a positive attitude toward life. Do things that make you happy.

NEW JOB

Structuretone has awarded Mona Service a design build 2 1/2 floor tenant build out for National Medical Enterprises with a December 15th move in date. Tom McArthur is the Project Manager.

EOE