

**Mona Electrical
Construction, Inc.**

**Mona Electrical
Service, Inc.**
April 30, 1993

UNHEALTHY LIFESTYLES ARE KILLING US

(provided by the Health & Fitness
Committee)

Although medical research has proved good health habits can reduce disease and premature death, millions of Americans continue to lead unhealthy lives - a fact illustrated by these ominous statistics:

- Despite the U.S. Surgeon General's report that smoking is the single largest preventable cause of premature death, more than 25% of Americans smoked cigarettes in 1990. About a quarter of those people reported smoking 25 or more cigarettes per day, according to unpublished data from the federal Office of Health Promotion and Disease Prevention.
- The American Heart Assn. says about 74 million Americans have one or more forms of cardiovascular disease. Of those, 63.6 million suffer from high blood pressure-a treatable illness.
- Breast cancer accounts for 28% of all cancer cases among American women-more than any other type. Regular self-examinations and periodic mamograms can help detect breast cancer before it becomes more serious or kills, yet most American women do not undergo regular exams or screenings.
- According to the National Institute of Health Consensus Development, being overweight seriously harms health and longevity. Yet in 1990 near-

ly one third of Americans said they were 20% or more above their desired body weight, the Office of Health Promotion and Disease Prevention reported. Diet and exercise can help reduce the incidence of chronic illnesses caused by excessive weight, but nearly 60% of Americans surveyed said they don't exercise or play sports regularly.

- About 100,000 premature deaths are linked to the abuse or misuse of alcohol, according to a recent report by the American Medical Assn.
- The AMA also reports 400,000 Americans die from the failure to use life-saving technology like seat belts and smoke detectors and the failure to screen and treat life-threatening diseases like high blood pressure and some cancers.

STOP THE LEAKS FROM COMING OUT OF THE BUCKET!

For those of us who have been in the industry for a number of years, we have never seen the market so competitive. Labor costs have doubled in the past 10 years, yet our units for pricing are the same. The only way we can make this work is to reduce our costs of operating:

- We need "8 for 8" - start the job on time, with tools ready to work.
- Do it right the first time!
- Eliminate waste in use of materials and supplies.
- Recycle that paper in the office and use for notepads, etc.
- Your personal efforts are needed to continue to allow us to remain competitive on current and future work.

BABY BOOM - GIRLS, GIRLS, GIRLS!

Pink booties were delivered to the residence of Kevin and Laurie Parks. Jessica M. Parks was born on April 16th at 9:13 weighing 5 lbs, 15 oz.

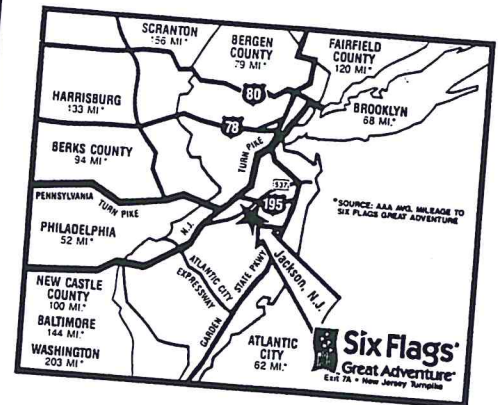
It's "Grandfather Week" at Mona - Congratulations to our two recently named grandfathers:

Madelaine Myers Millholland was born to Bill and Beth Millholland, son of Life Care Project Manager Bill Millholland, on 04/20/93 at 10:30 a.m. weighing 8 lbs 4 oz and 21" long.

Technical Superintendent George Adcock and wife Mary were blessed with a beautiful granddaughter Lindsey Marie Thurman weighing 7 lbs 3 oz 19" long.

SIX FLAGS GREAT ADVENTURE

You will find enclosed (1) ticket good for up to 15 people which entitles you to discounts off the admission to the park: \$4.00 off weekends and \$8.00 off weekdays to the theme park.



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