

June 11, 1993

## IDEA BANK AWARD

DAVE DIDION was given tickets to an Orioles game and \$100 cash for his idea used at the Sheraton Washington. Dave designed a template to be used with a new hand held cutting system called a "RotoMite". This job had thousands of holes to cut and instead of measuring each one individually, they were able to cut the holes in a fraction of the time it would have taken using a conventional method. This was a great labor saving's technique and hopefully can be used on future jobs. We would like to acknowledge Dave for his SUPERB idea! Keep up the excellent job, Dave!

Remember everyone should continue sending in their idea's that will help improve our productivity.

## WAY TO GO MARTY!

On May 22, 1993, Marty Smith, Life Safety Division Manager, successfully completed all testing requirements for a NICET level IV certification in fire alarm systems. NICET, National Institute for Certification in Engineering Technologies, provides exams in the fire alarm system area as well as many others. In addition to passing the exams, an applicant must provide verification of work experience in the field (there are different requirements depending on the level of certification) as well as be sponsored by a registered professional engineer. Level IV is the highest level that can be received in fire alarm systems. Marty is now testing in "Special Hazard Fire Protection Systems" and "Automatic Sprinkler Systems". Congratulations on your four star passing grade Marty!

## HEALTH TID BIT

You are concerned about getting enough beta carotene (the nutrient the body converts into vitamin A), which is thought to have anticancer properties. You can consume more than the daily recommended dietary requirement (RDA) by eating:

- a. one medium-sized carrot
- b. a half cup of tomato sauce
- c. a serving of beef
- d. a serving of chicken liver

*Answer: (a) Except for dandelion greens, carrots have more beta carotene per cupful than any other vegetable, with sweet potatoes, kale, and spinach not far behind. Meat has none (beta carotene is a plant product), but organ meats do contain some vitamin A. You can buy supplements that contain beta carotene, too, but they lack the fiber and other nutrients found in the food sources of carotene.*

If we  
Keep our  
customers  
happy ...  
They will  
Keep us in  
business!

