



WE'RE ON THE WEB!!!

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WE'RE ON THE WEB!!!

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JUST FOR FUN **SuDoKu**

	3		4		1	9	2	
2								
		1		6		3		4
	2				4		6	
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Each SuDoKu has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3X3 square.



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THE MOSLEY MESSAGE

BY: CHRIS MOSLEY

This quarter I want to discuss the issue of Health Insurance because I know we have all been personally affected by this recently.

Every time I turn on the news, I hear not only about the rising costs of Health Insurance but also the in-

creasing number of employer's unable to provide insurance coverage to their employees.

This is a serious problem and we all need to be vigilant regarding what our coverage is as well how to keep our costs down. Due

to our past claims experience, we are not in a situation to change providers; we are basically stuck at this time with what we have.

There are steps we can all take to keep our own health care costs down and reduce the added benefits paid by

our insurer over and above our co-payments.

The rising cost of health insurance is not going anywhere, we need to understand our benefits and use them accordingly.

For cost saving measures go to www.humanna.com.

EVENTS!!!

The following people are celebrating **birthdays** this quarter.

April

Teresa Chaffin	4/01
Curtis White	4/02
Raul Ochoa	4/06
Clayton Williams	4/08
Roland Barron	4/9
Mark Campbell	4/9
Jimmy Martin	4/17
Gary Rigdon	4/25

June

Eric Tallent	6/04
Matt Steele	6/05
Servando Mojica	6/06
Edwin Hernandez	6/08
Joe Anderson	6/10
Chris Price	6/12
Derek Feustel	6/16

May

Mark Davis	5/12
Lucas Brooks	5/17
David Dennis	5/23
Jose Rodriguez	5/23
Rudy Locklear	5/24
Scotty Dunnivant	6/17
Abel Gaytan	6/18
Robby Price	6/19
Brandon Givens	6/20
Dale Campbell	6/24
Jonathon Jones	6/28



The following people are celebrating employment **anniversary's** this quarter

April

Charlie Carter	12 Years
Dale Ledbetter	8 Years
Greg Jackson	6 Years
Martin Kraus	4 Years
Gary Freeman	1 Year

May

Gaye Kemble	10 Years
Ricky Johnson	8 Years
Malcolm Tuck	7 Years
Marvin Runkel	2 Years
Jon Mosley	2 Years

June

Gary Rigdon	14 Years
Van Combs	12 Years
David Payne	10 Years
Dale Carter	9 Years
Bobby Wilson	6 Years
Matt Steele	6 Years
Clayton Williams	3 Years
John Durham	3 Years
Tim Alexander	2 Years



UPCOMING TRAINING

April

CPR	4th & 18th	6-9pm
First Aid	5th & 19th	6-9pm
BBP	6th & 20th	6-8pm

May

CPR	2nd & 16th	6-9pm
First Aid	3rd & 17th	6-9pm
BBP	4th & 18th	6-8pm

June

CPR	5th & 19th	6-9pm
First Aid	6th & 20th	6-9pm
BBP	7th & 21st	6-8pm

YOU NEED TO KEEP YOUR CERTIFICATIONS CURRENT!

Call Kim Hansen for details or reservations.

DISASTER PREPAREDNESS

BY: KIM HANSEN

As we come upon another tornado and hurricane season and I'm still seeing the devastating news reports regarding how poorly EVERYONE was prepared last year, I have great concern. In light of this, I thought I'd share some of the Red Cross Disaster training I have acquired over the years with you.

Okay, I know that it's a stretch that we will be affected by a hurricane but we could easily be hit by a number of different natural events or terrorist acts and I want everyone to be as prepared as possible.

Did you know that we are on the New Madrid Fault line that is overdue to be

the cause of an earthquake greater than a 5.0?

This fault line is active; averaging more than 200 measured events each year. A large event along this fault line would affect the states of Missouri, Arkansas, Tennessee, Kentucky, Illinois and Mississippi.

Imagine that: the greatest nation on the planet couldn't help the people of New Orleans, what could it do to help such a largely affected area. The one thing we have to learn from our past experiences is that we really do have to be prepared to take care of ourselves and our families in the event of an emergency.

Not only should earth-

quakes be of concern to you, but we need to remember that we are in an area that gets affected by tornados and flash floods. With global warming comes an increase for these potential disasters to be even more powerful.

I have included an insert with some preparedness information for your use, just in case. Remember, this is just the basics, use your common sense and know your families needs to be fully prepared.

For more information call the Red Cross, the number is listed below. They have a number of programs and books geared toward families with small children.

They have Home Safety workbooks with activity sheets so that your kids know what disasters can affect them, even the many things that can cause harm around the home.

If you would like more information regarding how to keep you and your families safe and what you should do to be prepared, please contact the South-Central Kentucky area Red Cross at (270) 781-7377.

Remember! Be Safe!





TECHNICAL TALK

BY: RANDY WITTY

We design and install smoke detection systems for our commercial and industrial projects everyday, but we often fail to protect our own families and homes from the threat of fire. Working smoke alarms are essential in every household. Code requires a smoke alarm on every level of your home and outside every separate sleeping room. New homes are also required to have a smoke alarm in every sleeping room

and all smoke alarms must be interconnected. Smoke alarms for new homes must operate on 110VAC and contain a battery backup.

According to the National Fire Protection Association, roughly half of home fire deaths result from fires in homes with no smoke alarms. In one-quarter of the reported fires in homes equipped with smoke alarms, the devices did not work, most often due to missing,

disconnected or dead batteries. Get in the habit of testing your smoke alarm once a month and change the batteries at least once a year. A good schedule to follow is to change your batteries when you change your clocks for daylight savings time. Smoke alarms do not last forever. Replace yours once every 10 years. If you can't remember how old the alarm is, it's probably time for a new one.



TIDINGS FROM TOPRE

BY: DALE LEDBETTER

Alabama weather has been really great, if you don't count the amount of rainfall and the tornado's that frequently hit the area. Topre America is located 45 miles north of Birmingham. The job site is five miles from Lewis Smith Lake, which is a 22,000 acre impoundment and stocked with Striped

Bass, Smallmouth Bass, Large-mouth Bass, Crappie, Hybrid Striped Bass, and Salt Water Striped Bass (Rockfish). The Topre job is an expansion to an existing facility that is owned by a Japanese based company. The two key phrases to know about this job would be "hurry up" and "match existing".

The Topre expansion has had many changes that resulted in hours of code book reading. Article 110.26 and Table 110.26 (A), conditions (1) and (2), which deals with 600v, nominal, or less, has had a large bearing on job. In the 2002 NEC book (hard back addition) there is a discrepancy on the condition #

2 of Table 110.26 (A). the table clearly shows working space to be 3' when condition # 2 has been met. The example photo of this condition shows 3 1/2 feet working clearance is required. The 2005 NEC has the correct changes. Remember to be safe and read your code book when in doubt.

A NEW YEAR'S RESOLUTION

BY: TRACY MOSLEY

In light of a new year and new personal goals, in January I hired a personal trainer to help me learn to exercise correctly and to teach me about nutrition. Charmaine Barlow, who I affectionately call "CharPain", has been working with me ever since. The things I am learning from her have challenged most of what I thought I knew about exercising; "no

pain no gain", however isn't one of them.

One particular thing that I had always heard is "don't pay attention to the scale because muscle weighs more than fat". Ever heard that one? Well, it's wrong. The truth is that a pound of muscle weighs the same as a pound of fat. Obviously, a pound is a pound. The difference is that muscle

is dense and takes up only a third of the space that a pound of fat takes up. Therefore, you can fit 3 pounds of muscle in the space of one pound of fat. Makes sense when you think about it.

I've also been carefully watching what I eat. You'd be amazed by the amount of dietary information is on the packaging of virtually every

food item we buy. Getting in shape and losing weight are not fun! But now that I've begun to see some results, "no pain, no gain" is at least an expression that has some merit.



THOUGHTS FOR THE SOUL

BY: GENE MURRAY

Does God's Plans Ever Fail?

Do you believe God has a plan for your life? Do you believe that God's plan by design is for your good? What do you believe could change or alter God's plan? (Your choices, your free will) So if your choices can alter God's plan has God's plan failed? NO, in order to make a plan correct the end result must be known and God knew your choices before you were even born.

God's plan remains the same it's

always been. Life and good or death and evil, your choice.

If I make a wrong choice am I doomed? NO, have I caused myself to miss a blessing God had prepared for me? YES, but God never gives up. He will continue to plant seeds of his work in you, send folks to your rescue as long as they will go and use the bad consequences of your wrong choices against you. Why?

Because it is His character.

Because it is his Nature.

Because it is why He is God.

Using everything He has at his disposal (that does not violate his word or your free will) to bring us to repentance and back to the choices that allow him to bless our lives.



EMPLOYEE NEWS

Congratulations

Joe & Becky Logsdon
Married March 28, 2006



DIRECT DEPOSIT

M&L Electrical, Inc. will be offering direct payroll deposit. We will now be able to deposit your payroll checks and your per-diem into YOUR bank account (whatever bank you choose).

All you need to do is give Gaye Kemble a "voided" check and your funds will be available to you every Thursday after Midnight.

If you do not have a bank account currently, contact NationalCity, they have all kinds of good deals, including free checking. You should take advantage of this opportunity, think of the banking time it will save you.

TOYO TIRE OF NORTH AMERICA

BY: CURTIS WHITE

The project at Toyo Tire in Cartersville, Georgia is coming to a close. We anticipate being complete with our scope of work for Gray at the end of this month and follow up with the completion of the Cure Press & Mixing building Equipment by the end of May. However, we don't want to stop there, our goal is to continue building a relationship with Toyo Tire for future projects.

This project has been demanding at times, especially

the last six months because of trying to complete the building and start the equipment connections at the same time. The Toyo Tire crew has worked extremely hard and has put in a lot of long days to meet the demands of our customers. In the month's of January and February alone, we have worked a total of 10,654 man hours, 2,784 of which are over-time hours.

The demands of this schedule have taken a lot of employees away from their families for a

long period of time as well, and I would like to take this opportunity to thank each and everyone of you for the sacrifices you have made being away from your families and also the hard work everyone has put forth.

As a happily married man and father of three, I understand the importance of being home as much as possible. This project has also required me to spend a lot of time away from my family and although it has only been a

fraction of the time that others have been away from their families, I have realized how much my beautiful wife and kids really support me in what I do and miss me when I'm gone.

So to the families of the M&L Toyo Tire crew who have spent days, weeks and sometimes months away from their families, THANK YOU for understanding the sacrifices we have had to make and for supporting us through it all!