

Nuts & Bolts

May 5, 2011

Company News Brief:

"Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results."
-Anonymous

Upcoming Bids

May 3rd
WDOT Project #12 - Sand Lake Coulee Road

May 9th
Shepherd of the Hills Lutheran Church

May 10th
City of La Crosse – Grandad Bluff

May 10th
City of La Crosse – Alleys

May 10th
City of La Crosse – Main Street Reconstruction

May 10th
City of La Crosse – Cunningham Street

May 10th
City of La Crosse – ADA Ramps



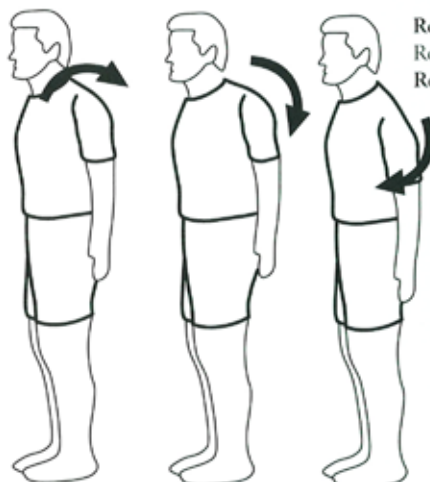
... > SAFETY FIRST: Chris' Subject Back Health: Part I Office Survival - Micro Breaks

Stretching Precautions:
Do not overstretch.
Do not bounce.
Do not hold your breath.

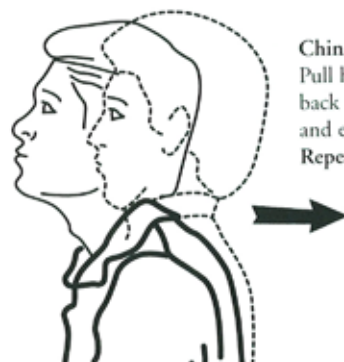
How:
Slow.
Smooth.
Pain free.

When:
Before work
or as often
as needed.

Why:
To improve circulation.
To increase mobility.
To prevent pain and discomfort.



Reverse Shoulder Rolls
Roll shoulders backward.
Repeat 5 times.



Chin Tucks
Pull head straight back keeping jaw and eyes level.
Repeat 5 times.



Backbends
Stand with hands on hips.
Lean backward.
Keep knees straight.
Hold for 2-3 counts.
Repeat 5 times



Wrist/Forearm Stretch
Hold both arms out higher than your heart with elbows straight and palms down.
Move your wrists up and down together 5 times.

> Happy Cinco de Mayo

Cinco de Mayo, or the 5th of May, marks the victory of a small, poorly armed force of around 4,500 soldiers over the French invasion of a well-armed, professional army led by Napoleon III that had about 8,000 soldiers.



- Did you know Mexico is the largest Spanish-speaking country in the world?
- Around 28.3 million of U.S. residents were of Mexican origin in 2006. These residents constituted 9 percent of the nation's total population and 64 percent of the Hispanic population.
- Approximately 630,000 of Mexican-Americans are U.S. military veterans.
- The Maya in Central Mexico were the first people known to harvest and use the peanut.
- Pineapple and papayas grew wild in Mexico, and were introduced to the rest of the world by Spanish explorers.

> Project Updates



Pics from top:
 1. Chris Towle giving Gary Sosalla mixing directions at GLMC Ramp.
 2. & 3. Ed Kuster, Dennis McKee, and Don Frank, and Gary Schulze at UW-L.
 5. Mark Martell at a meeting at GLMC.

4. Yee Chee Yang drilling concrete at UW-L.
 6. Jim Canar at WTC.



Pet of the Week



Meet Midnight! Midnight is a glossy black domestic short hair 1 year old neutered cat. For more information about adopting Midnight please visit:
www.couleehumane.com



> Did you know?

✓ Popcorn was banned at most movie theaters in the 1920s because it was considered too noisy.



✓ To qualify as a hurricane, a storm must develop winds in excess of 75 miles per hour. Wind speeds as high as 220 miles per hour have been recorded.

Safety Score Card:

1000 Hours:
 Jim Gregerson



Your **CURRENT** Safety Team members:

- Chris Towle
- Rick Wilhelm
- DuWayne Knobloch
- Eddy Kuster
- Dan Haney
- Brent Johnson
- Heath Hoscheit

If you have any ideas on interesting safety topics to feature in future newsletters please email them to:
ctowle@fowlerhammer.com or drop off at the office.