

# Nuts & Bolts

June 16, 2011

## Company News Brief:



*"You can do what you have to do, and sometimes you can do it even better than you think you can."*

-Jimmy Carter

## Upcoming Bids

We were the successful bidder on the Longfellow Middle School Kitchen Remodel!

**June 14th**  
City of La Crosse Flagpole



## ... > SAFETY FIRST: Chris' Subject Health Risks of Smoking & Smokeless Tobacco!

Many smokers (and chewers) come to depend on the positive effects of nicotine, such as boosting their mood, improving short-term memory and concentration, and producing a sense of well-being. There are many more reasons to quit using tobacco. Knowing the serious health risks may help motivate you to quit. When used over a long period, tobacco and related chemicals such as tar and nicotine can increase your risk of many health problems.

- Heart and blood vessel problems:
  - Blood clots and aneurysms in the brain, which can lead to strokes
  - Blood clots in the legs, which may travel to the lungs
  - Coronary artery disease, including angina and heart attacks
  - High blood pressure
  - Poor blood supply to the legs
  - Problems with erections because of decreased blood flow into the penis
- Cancer (especially in the lung, mouth, larynx, esophagus, bladder, kidney, pancreas, and cervix)
- Poor wound healing, especially after surgery
- Lung problems such as emphysema and chronic bronchitis, or asthma that is harder to control
- Problems during pregnancy, such as babies born at low birth weight, premature labor, miscarriage, and cleft lip
- Other health risks or problems:
  - Decreased ability to taste and smell
  - Harm to sperm, which contributes to infertility
  - Loss of sight due to an increased risk of

- macular degeneration
- Tooth and gum diseases
- Wrinkling of the skin

Smokers who switch to smokeless tobacco instead of quitting tobacco completely still carry a number of health risks:

Increased risk of mouth or nasal cancer  
Gum problems, tooth wear, and cavities  
Worsening high blood pressure and angina

**HEALTH RISKS OF SECONDHAND SMOKE**  
Those who are regularly around the smoke of others (secondhand smoke) have a higher risk of:

1. Heart attacks and heart disease
2. Lung cancer
3. Sudden and severe reactions, including those involving the eye, nose, throat, and lower respiratory tract

Infants and children who are regularly exposed to secondhand smoke are at risk of:

1. Asthma (children with asthma who live with a smoker are much more likely to visit the emergency room)
2. Infections, including virus-caused upper respiratory infections, ear infections, and pneumonia
3. Lung damage (poor lung function)
4. Sudden infant death syndrome (SIDS)

**Stay tuned for next week for all the BENEFITS of quitting!**

## > In the Spotlight

In the Spotlight this weeks is Alec Schwartz. Alec is our newest Project Manager/Estimator. You've maybe already seen Alec before, last summer he was Fowler and Hammer's summer intern. Since last summer Alec has graduated from MN State University - Mankato with his degrees in Construction Management and Finance. In his free time Alec enjoys snowmobiling, fishing, and hunting. Welcome to the team Alec, we're glad to have you here!



# > Project Updates



1. Mike McGreal setting up concrete forms outside of Trane.  
 3. Doug Brown loading up a skidsteer at Trane.  
 5. Randy Williams cutting a door frame at Viterbo's Saint Bonaventure Hall.

2. Andy Labelle shoveling to prep for concrete at Trane.  
 4. Eric Carraux cooling off at Trane on one of the 98 degree days last week!  
 6. Rick Wilhelm happy to be on the job at Viterbo's Saint Bonaventure Hall.



## Pet of the Week



Meet Rambo! He's a friendly and outgoing guy, handsome 2 year old neutered short-haired brown tiger. For more information about adopting Rambo please visit: [www.couleehumane.com](http://www.couleehumane.com)



## > Did you know?

✓ What do Harry Anderson, Cindy Crawford, and (Weird) Al Yankovic have in common? They were all valedictorians.

✓ A saguaro can top 60 feet, and may live 300 years.



## Safety Score Card:

**2000 Hours:**  
Kurt Stellpflug



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](mailto:ctowle@fowlerhammer.com) or drop off at the office.