



THE "BOOMING" NEWS

September Birthdays!



Greg St. Ann	9/01
Eulali Nieto	9/02
Gerver Quiros	9/06
David Morin	9/7
Steve King	9/11
Silvino Ramirez	9/12
Eddie Horning	9/19
Alvin Gilliard	9/21
Brian Maddox	9/24
Mike Trafton	9/25
Charlie Williford	9/26
Jeff Blackerby	9/27

Employment Anniversaries

Karen Barton	9/23	14 years
Eddie Philon	9/23	13 years
Bob Clarke	9/12	10 years
Janai Merino	9/26	3 years
Jose Mundo	9/30	3 years
Clarence Pitts	9/12	2 years
Mike Trafton	9/13	2 years
Gerver Quiroz	9/16	1 year

Thank you for your dedication & commitment!



A Labor Day "Thank You"

Labor Day differs in every essential way from the other holidays of the year in any country. All other holidays are more or less connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation.

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Phoenix Crane and Dixie Erectors management wish to say "Thank-You" to all of our workers. It is because of your "Labor" that we continue to thrive in our industry. Please have a safe and relaxing Labor Day holiday.

September...

- September begins on the same day of the week as December every year.
- September's flower is the morning glory.
- September's birthstone is the sapphire.

Labor Day, September 5th

HR BULLETIN

THE "BOOMING" NEWS

THE Source for Employee Benefit Information

From: Isel Martinez, HR Manager

Cholesterol

Control

Cholesterol is a waxy substance made by the liver found in the blood and all body cells. It comes from the animal foods you eat like dairy products, egg yolks and meat. Eating foods high in saturated fat and cholesterol may lead to increased cholesterol levels.

Why Control Cholesterol?

When there is too much cholesterol in the blood, blood vessels can become clogged. This reduces blood flow to the heart and brain, which can lead to a heart attack or stroke.

What are HDL and LDL?

Cholesterol is made up of lipids and the two most important lipids are high density lipoproteins (HDL) and low density lipoproteins (LDL). Knowing your HDL and LDL levels gives you a more complete picture of your cholesterol level. HDL is the "good" cholesterol which does not block your blood vessels and moves freely through the bloodstream. It also helps remove bad cholesterol from the bloodstream. LDL is the "bad" cholesterol because it can stick to your artery walls and block blood flow.

What are the risk factors for high cholesterol?

Having a family history of high cholesterol or heart disease is a risk factor that you cannot control. However, risk factors you can control are:

- Eating a diet high in fat and cholesterol
- Obesity/overweight
- Physically inactive
- Smoking

How can eating healthy help lower cholesterol?

Eating and cooking smart can control cholesterol and help improve your health. Foods high in fat, especially saturated fat, cause the body to make more cholesterol. Foods high in fiber can help keep cholesterol levels down.

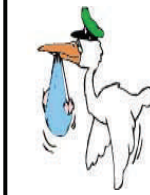
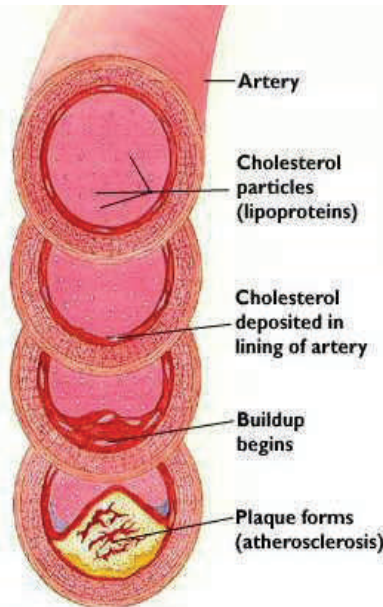
- Choose lean cuts of meat and trim off excess fat
- Avoid processed meat (bologna, bacon, salami)
- Use low-fat dairy foods (skim or low fat milk)
- Limit foods high in cholesterol
- Bake, broil or steam food – do not fry
- Limit the amount of oil used in cooking
- Use small amounts of salad dressing (low fat)

How can exercise help?

Regular exercise is a good way to help your body control cholesterol. It can:

- Raise good cholesterol
- Lower bad cholesterol
- Improve blood flow

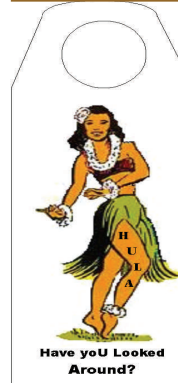
This is general information and is not meant to replace advice of your physician. If you have a specific medical problem, please contact your treating physician for advice.



Stork News.....

Congratulations to Janai Merino and his wife Carrina on the birth of their daughter, Alma Lousia. She was born on Saturday, August 27th and weighed 9 lbs - 11 oz.

Best wishes to you and your family!



Have you Looked Around?

The Phoenix Crane Operator Safety Program begins September 1st.

❖ Please get with Mike Baldree on pre-trip and post trip inspection criteria.

Remember to look for the HULA while performing your pre-trip and

❖ Don't forget that the program goes into penalty phase October 1st.

❖ Cones for all units are available in the office with the unit #'s printed on them.

Remember to think before you act!
It's yoUr money!

Tips for Increasing Your Gas Mileage...

When driving is the only option; use these tips to help increase gas mileage.



- Don't carry extra weight in the trunk. Get rid of unnecessary items to increase fuel efficiency.
- Drive more slowly. Traveling at 55 mph, rather than 65, increases gas mileage by up to 15 percent.
- Use the car's overdrive if there's an overdrive gear. Overdrive increases engine efficiency. Check the car's manual for more details on how to use overdrive.
- Don't accelerate too quickly and don't slam the brakes. Both actions are gas wasters.
- When waiting, turn off the engine. Long periods of idling waste much more gas than restarting a car.