

Crossword Clues

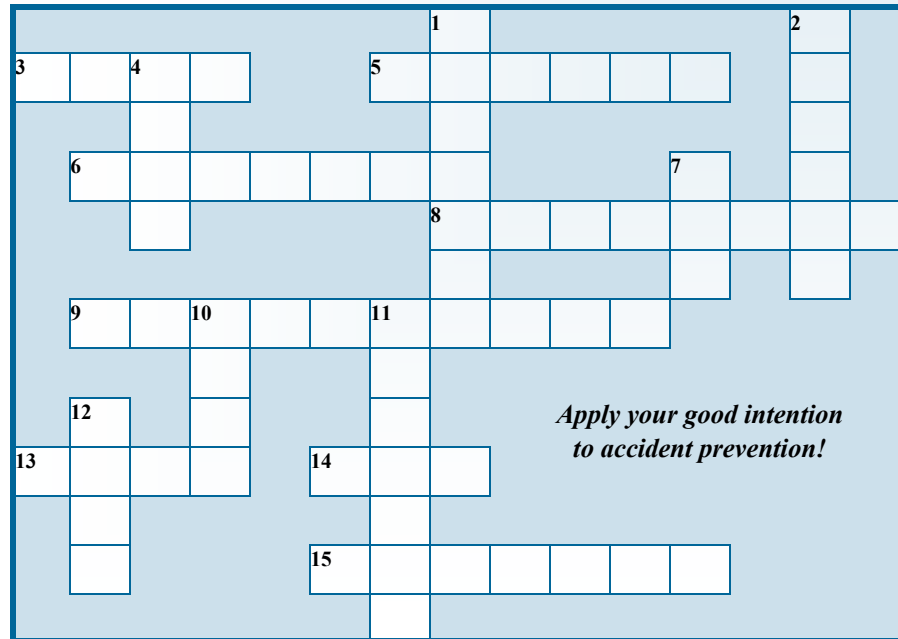
Across

- 3 _____ lock out tag out
- 5 Material _____ Data Sheet
- 6 Harness & _____
- 8 29 CFR 1910.120
- 9 Pre/Post Trip _____
- 13 Occupational Safety & Health Administration (abbr.)
- 14 Lost Time Accident (abbr.)
- 15 Custom Solutions for _____ Problems

Down

- 1 Level D PPE is _____, safety shoes & safety glasses
- 2 Red tape signifies?
- 4 Current Secretary of Labor (last name)
- 7 Department of Transportation (abbr.)
- 10 Self Contained Breathing Apparatus (abbr.)
- 11 Yellow tape signifies?
- 12 Mine Safety & Health Administration (abbr.)

Crossword Corner: Safety



*Apply your good intention
to accident prevention!*

PLEASE
PLACE
STAMP
HERE

Spectrum Environmental Services

700 Southgate Drive
Suite A
Pelham, Alabama 35124

Phone: 205-664-2000
Toll Free: 888-739-0838
Fax: 205-664-2142
E-mail: hr@specenviro.com



June 2007
Volume 1, Issue 2

The Spectrum Monitor

Groundbreaking Growth Leads to Ground-breaking Ceremony on Spectrum's New HQ

By Steve Castleman

Spectrum has embarked on its plans to construct approximately 24,000 square feet of office and shop space. Spectrum will occupy approximately 4.5 acres along a beautiful ridge in central Shelby County within the city limits of Alabaster. The property is strategically situated near the Shelby County Airport with three separate access points to I-65.

Spectrum selected Saiia Construction, LLC to provide all site work and utility construction, while Maxus Construction has been awarded the design/build contract for the new facility. January 2008 is targeted for the ribbon cutting of the new Corporate Office.

The 16,000+ square foot office building will house the corporate/executive offices, the management and operational personnel for Spectrum Industrial Services, Inc., and the entire staff of Spectrum Environmental, Inc.

The office building will be a two story metal structure and will exhibit an architectural theme of a "Turn of the Century" mill, consistent with the industrial history of the central part of Alabama.

The shop building will have more than 7,000 square feet under roof and will be equipped with 8 – full service bays. Spectrum has incorporated several of its own product lines in the shop building, most notably is the full-service wash bay equipped with a J.R. Smith Ultracapt™ Oil Water Separator.

The central location of Spectrum's new Corporate Office will serve as key launching point as the company seeks to expand its presence in the southeastern United States. Currently, Spectrum operates satellite offices in Pascagoula, Mississippi and New Orleans, Louisiana.



Milestones:

The last Lost Time Accident (LTA) at Spectrum was recorded on September 25, 2002. The number of man hours worked since that date is...

528,637 Hours

(Equivalent to 1,739 days)

Quotes To Live By

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

~ John Lubbock



Those Lazy Days of Summer

By Steve Castleman

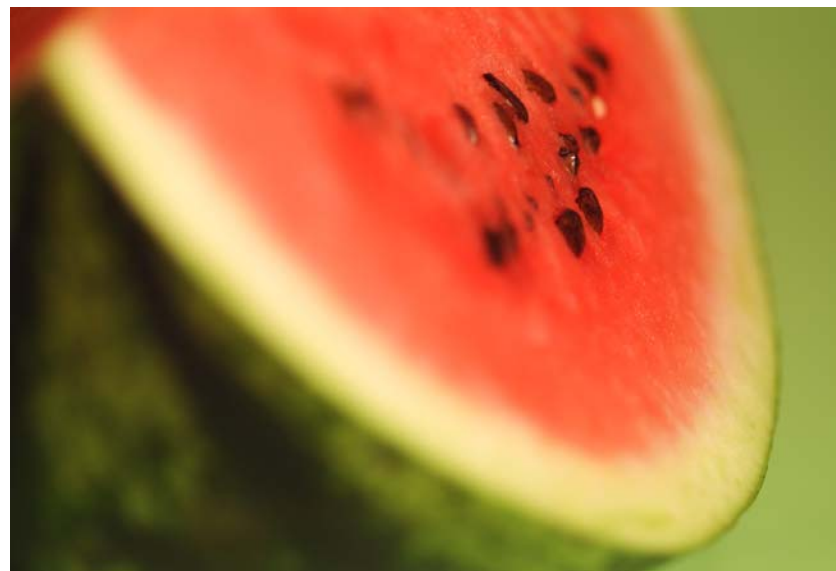
I can remember as a young boy looking forward to summer vacation... days of sleeping in; playing baseball in Moore's field, riding my bike to what seemed like the next state; being able to hear the ice cream truck though it was still miles away; and staying out until I couldn't see my hand in front of my face.... so much for lazy days.

Now that we are grown, not much has changed. Summer vacation is here and families are busier now than ever before. Whether it is camp, summer sports, educational programs, trips to see the grandparents, or trying to

squeeze in a family vacation... summer is a very busy time.

Things at Spectrum are just as busy. We broke ground on our new 24,000 square foot Corporate Office in May, we have just completed our 14th Fiscal Year with record sales, new faces have been added to our ever growing staff, and plans are being made for further expansion in the southeast.

So much for the Lazy Days of Summer! We hope you and your family have a happy and safe summer.



Easy Summertime Celebrations

By Arleen M. Kaptur

Article Source: http://EzineArticles.com/?expert=Arleen_Kaptur

Summer and the living is easy, or it can be with a bit of preparation. Whether you are planning a party for the Fourth of July or Labor Day is your day of summer fun, there are quick and fun ways that won't heat up your kitchen and will give you time to enjoy the festivities as well.

Fresh fruits and vegetables are at their peak and you won't find better flavor coming from a can or the freezer section. In fact, the ruby red strawberries, sweet juicy watermelons, sweet and tart cherries, and peaches that just run with golden goodness can be served just as they are. No cooking or prep work needed. They make up a beautiful centerpiece for your table and your guests can help themselves to healthy, luscious goodness.

If someone feels energetic, home-made ice cream just can't be beat. Add those just-picked raspberries or blueberries and you will not believe the great taste that your ice cream maker can produce. There are no additives or chemicals to worry about and freshness is spelled with an icy cold desert that can be served with slices or cubes of simple pound cake, brownies, or angel food cake. You can even drizzle a bit of chocolate syrup over everything and a dream delight has just been created.

Salads are fine side dishes with little effort. A simple tossed salad with garden fresh greens, sweet red tomatoes, slices of tangy green or yellow peppers, and chopped pieces of fresh from the garden cucumbers and your work is done by Mother Nature. Serve with your favorite dressings, add that grilled to perfection steak or ribs, hamburger or hot dog and life just can't get any better than this.

Don't forget those throat quenching beverages. Iced tea with slices of sunshiny lemon or lime, iced coffee with a dab of fresh whipped cream, and fruit smoothies that can be prepared with a blender in a minute or two. Ice cream shakes or malts can be fun or cold bottles of just plain water are perfect drinks to round out any menu.

Whether it is just your family or a few friends, or maybe all the relatives are coming over this year, don't worry - think fresh and just picked and your reputation as the chef of the hour will be remembered for years to come. Make your summer celebration a bright spot on everyone's calendar of things to do and places to go. Enjoy.

"Custom Solutions for Complex Problems."

~ Spectrum's Motto

Birthdays

June

- Ronald Franklin (19th)
- Larry Grinder (8th)
- Scott Hassler (22nd)
- Steve Castleman (11th)

July

- Alan Limbaugh (2nd)
- Raymond Gabaree, Jr. (15th)
- Guy Manzi (14th)

August

- Scott Moran (6th)
- Selina Patton (11th)
- Marcus Ingram (23rd)
- Ramon Lopez (31st)
- Prentiss Wade (1st)
- Fred Guarino (15th)
- Thomas Ogle III (17th)
- Eric Mullins (22nd)

Spectrum extends warm Birthday wishes to all it's associates!

Engineering Square Pegs to Fit Round Holes

Jeff Stewart & Steven Kirkpatrick



Jeff Stewart:

What are your responsibilities with Spectrum?

I manage the complete Fleet Maintenance program for all of Spectrum's vehicles and equipment.

How long have you been with Spectrum?

8 months.

What are your hobbies?

Hunting, Little League Baseball, Gardening & Fishing.

Any words of wisdom to pass along?

Speculation leads to unnecessary and sometimes regretful decisions—Get the facts before you act!

Steven Kirkpatrick:

What are your responsibilities with Spectrum?

I am responsible for the preventative maintenance checks & services (PMCS) of all Spectrum's equipment.

How long have you been with Spectrum?

21 months.

What are your hobbies?

Music, Bowling, and Spending Time with Family & Friends.

Any words of wisdom to pass along?

Always think before you act and pay close attention to your surroundings. You can never be too careful.



RECIPE CORNER

Peach Ice Cream

- 1 cup Chopped Fresh Peaches
- 1-1/4 cups Sugar
- 2 tablespoons Cornstarch
- 1/4 teaspoon Salt
- 2 cups Whole Milk
- 2 large Eggs, beaten
- 1 tablespoon Vanilla
- 2 cups Half and Half

Combine the peaches with 1/4 cup of sugar and chill.

Combine 1 cup of sugar with the cornstarch and salt. Blend the milk in gradually. Microwave on high (100%) for about 8 minutes or until thick, stirring two to three times.

Slowly whisk the hot milk mixture into the beaten eggs. Microwave on high (100%), about two minutes or until thick and creamy. Chill thoroughly.

Add the vanilla and cream to the mixture. Stir in the peaches. Freeze in an ice cream maker (in batches if necessary) following the manufacturer's directions.

Makes about 1 1/2 to 2 quarts.

Thick Strawberry Smoothie

- 6 large Strawberries
- 1/2 cup Your Favorite Yogurt
- 1/2 cup Vanilla Ice Cream
- 1/2 cup Whole Milk

First blend strawberries and milk together until strawberries are well blended, then add ice cream and yogurt and whip for just a bit to keep the smoothie thick.

