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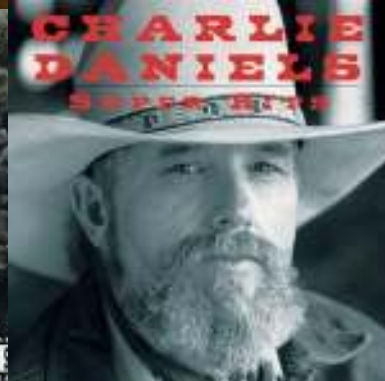
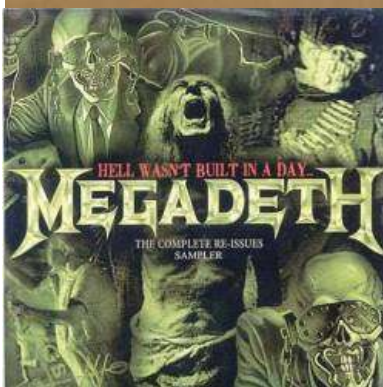
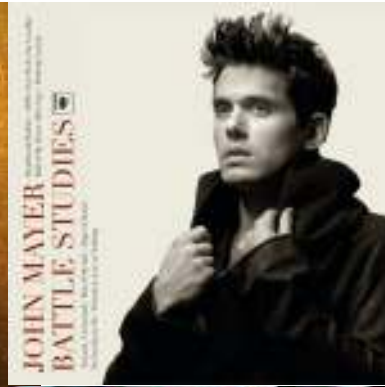
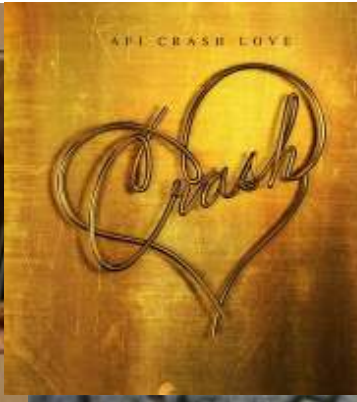
August 2010

Volume XIX

Edition VIII

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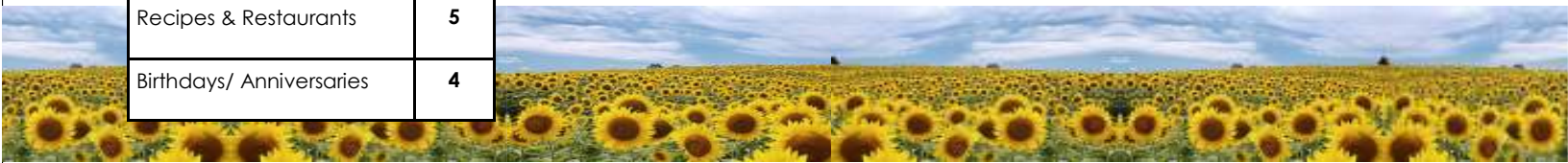
late summer music



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“Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun. Care for those around you. Look past your differences. Their dreams are no less than yours, their choices no more easily made. And give, give in any way you can, of whatever you possess. To give is to love. To withhold is to wither. Care less for your harvest than for how it is shared and your life will have meaning and your heart will have peace.”



RIDDLE ME THIS.....

DEAR FRANKIE: How many years do you have to dye your hair before you are not actually considered a blonde anymore? DEBRA HARRY

DEAR DEBRA: Interesting question...I would have to say it's a matter of character more than it is the appearance. Example; you can dress your dog in human clothes all it's whole life, but it will still sniff other dog's butts. A blond can die their hair whatever color they want, but will inevitably continue to discard the M&Ms with "W's" stamped on them because they are defective.

DEAR FRANKIE: I called the 619 last week to verify my schedule for a shift in a few days, and the girl who answered was kinda short with me. I just wanted to make certain of my start time. (the shift was 3 days away - and I wanted to make certain I had transportation) aren't you guys a 24/7 company? I figured if I was awake at 3:30 am, so would the 619. THOUGHTFUL THOMAS

DEAR THOMAS: The "619" phone (Shift Reporting Phone) is manned by the office Managers on a rotating basis. That means that after working our normal office hours (Monday thru Friday 10 a.m. to 6 p.m.), we monitor the schedule and

make sure the guards call in on time for their shift start times up to Midnight. Once the last overnight shift calls in we generally shut the phone off to get some sleep before having to get up in the morning to answer the calls from the morning guards. The Manager on duty generally only has a printed schedule for that night and the following day. If it's a weekend, they have a printed schedule from Friday afternoon through Monday. Therefore, unless the shift falls on those days, the Manager would not have that information. All scheduling is done during normal business hours (Monday thru Friday 10 a.m. to 6 p.m.). The "619" is called the "Shift Reporting Phone" because that is what it's for. Scheduling questions need to be directed to the schedulers. Make sense?

DEAR FRANKIE: Sometimes I go to my shift unprepared, without bringing food and my stomach starts to growl. So I figured the next time that happens, as long as it's quiet at my post, I can just drive down the road to grab a quick bite, right? I mean, what could happen in 10 minutes? FORGETFUL

DEAR FORGETFUL: Let's take a look some things that COULD happen in 10 minutes.

1. The average vehicle can be stolen in between 30 and 90 seconds.
2. In approximately 3 minutes a simple spark on the carpet or a cigarette tipped over onto a newspaper can become a lethal blaze hotter than 752° F.
- 3 A human can die of asphyxiation in approximately 3 minutes, full brain death in approximately 10 minutes.
4. A vehicle traveling at a rate of 35 MPH can travel 5.8 miles in 10 minutes.
5. The average human, at an easy jog, can travel over a mile in 10 minutes.
6. The average street fight only lasts approximately 2 minutes

These are just the things I could think of off the top of my head, there are countless more... NEVER leave your post until you are properly relieved.

Send your questions to Dear Frankie at Frankie@teamsecurity.net

All questions are considered anonymous.

LIVE FROM CWP....MAYHEM.

138° degrees in the shade marked the average temperature of the ground at RockStar Mayhem festival on Friday July 16th. And it was no "dry heat" this year: the weather was as intense as the music and the crowds. Nonetheless, it takes a lot more than heat to put a damper on our crew's love of the festival. Barricade crew looked fantastic, and on almost all the YouTube videos you can watch them as they work the crowd. No rest for the wicked, they finished Hatebreed and Atreyu only to move straight inside for 5FDP's first tour as a main stage band. Mike, Gary, Rocky, Gino, DJ and the rest of the crew worked their butts off. As always, Tour applauded them as the best of the best.

Next to the barricade, the Gates had the toughest job in the venue. Like the barricade, the heat pounded on them, and the supervisors did and excellent job of taking care of both the patrons and the guards. This was a show that requires incredible diligence on the part of the gates-keeping motivated, keeping sane, being thorough. And, based on the inventory of the contra-band boxes, they did a wicked good job making certain their peers were safe from outside issues. On behalf of everyone inside the venue when it got dark, I sincerely thank you for the job you did.

And it would be totally remiss not to stop and point out the fire teams. I have posted some YouTube links at the bottom should anyone want

to see the hell they have to enter. And they shrug it off with a wry grin.."it's only a bottle to the head." And the number of fires was down and the response time the best we have ever had. The backside to those teams on the lawn was the fire hose crew. I never want Luis Brown to get a bead on me!

Mayhem is always one of the hardest events we do. The heat is crippling, the crowd hates us (although, in fairness, they hate everyone) There are lots of guards to keep track of and keep hydrated and safe, so I need to give a shout out to a few that really stepped up and OWNED the event.

(caveat: ALL of the staff made the event successful. Every single person, so forgive me if I don't mention you by name. I still know who you are.)

Aside from the mentioned already: Marianne- you made certain that event bedamned, the employee were taken care of; Alan Gillis- despite the title assigned on the day-you were all over everything; Kevin Straub- I threw you in the deep end, and you swam like a pro; John Ancell- straight up THANK YOU; JD, Coomer, Pat, Butch, Linda, Cacy and Dan- every event runs better with you guys. Logistics: we would be lost....

Finally; Marz- thanks for keeping our heads.

http://www.youtube.com/watch?v=q_N77TOS5zg&feature=channel

<http://www.youtube.com/watch?v=XINENyODWUE>



Moments in History by Frank Herbert

August 1, 1944 - Anne Frank penned her last entry into her diary. Three days later, Anne and her family were arrested and sent to Nazi concentration camps. Anne died at Bergen-Belsen concentration camp on 3/5/1945, at age 15.

August 2, 1776 - In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.



August 3, 1492 - Christopher Columbus set sail from Palos, Spain, with three ships, *Nina*, *Pinta* and *Santa Maria*.

August 4, 1964 - Three young civil rights workers, James Chaney, Andrew Goodman and Michael Schwerner, were found murdered and buried in an earthen dam outside Philadelphia, Mississippi. They had disappeared on June 21 after being detained by Neshoba County police on charges of speeding.

August 5, 1861 - President Abraham Lincoln signed into law the first Federal income tax, a 3 percent tax on incomes over \$800, as an emergency wartime measure during the Civil War.

August 6-10, 1787 - The Great Debate occurred

during the Constitutional Convention. Outcomes included the establishment of a four-year term of office for the President, granting Congress the right to regulate foreign trade and interstate commerce, and the appointment of a committee to prepare a final draft of the Constitution.

August 7, 1990 - Just five days after the Iraqi invasion of Kuwait, President George Bush ordered Desert Shield



August 8 - African American explorer Matthew Henson (1866-1955) was born in Charles County, Maryland.



August 9, 1974 - Effective at noon, Richard M. Nixon resigned the presidency as a result of the Watergate scandal.

August 10 - Herbert Hoover the 31st U.S. President was born in West Branch, Iowa.

August 11-16, 1965 - Six days of riots began in the Watts area of Los Angeles, triggered by an incident between a white member of the California Highway Patrol and an African American motorist.

August 12 - Film pioneer Cecil B. DeMille (1881-

1959) was born in Ashfield, Massachusetts.

August 13, 1961 - The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West.

August 14, 1935 - President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65.

August 15, 1969 - Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people.

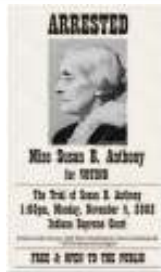


August 16, 1896 - Gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Klondike Gold Rush.

August 17, 1998 - Bill Clinton became the first sitting President to give testimony before a grand jury in which he, the President, was the focus of the investigation.

"[I] keep on trying to find a way of becoming what I would like to be, and what I could be, if...there weren't any other people living in the world." Anne Frank's last entry, *The Diary of Anne Frank*

August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.



August 19, 1934 - In Germany, a plebiscite was held in which 89.9 percent of German voters approved granting Chancellor Adolf Hitler additional powers, including the office of president.

August 20 - Benjamin Harrison (1833-1901) the 23rd U.S. President was born in North Bend, Ohio.

August 21, 1959 - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.

August 22 - French composer Claude Debussy (1862-1918) was born in St. Germain-en-Laye, France.

August 23, 1927 - Italian immigrants Nicola Sacco and Bartolomeo Vanzetti were electrocuted inside a prison at Charlestown, Massachusetts. Following their convictions, all appeals for a new trial had failed, despite the lack of hard evidence and a later admission by a

known criminal that he had participated in the robbery with an organized criminal gang.

August 24, 79 A.D. - Vesuvius, an active volcano in southern Italy, erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.

August 25, 1985 - Samantha Smith died in an airplane crash in Maine. In 1982, the 11-year-old American schoolgirl had written a letter to Soviet Russia's leader Yuri Andropov asking, "Why do you want to conquer the whole world, or at least our country?" To her surprise, Andropov replied personally to her and offered an all-expense paid trip to the U.S.S.R.

August 26, 1883 - One of the most catastrophic volcanic eruptions in recorded history occurred on the Indonesian island of Krakatoa.



August 27 - Lyndon Baines Johnson (1908-1973) the 36th U.S. President was born near Stonewall, Texas.

August 28, 1963 - The March on Washington occurred as over 250,000 persons attended a Civil Rights rally in Washington, D.C., at which Rev. Dr. Martin Luther King, Jr. made his now-

famous *I Have a Dream* speech.

August 29, 1991 - Following the unsuccessful coup of August 19-21, the Soviet Communist Party was suspended, thus ending the institution that ruled Soviet Russia for nearly 75 years.

August 30 - Civil rights leader Roy Wilkins (1901-1981) was born in St. Louis, Missouri. The grandson of a Mississippi slave, he was active in the National Association for the Advancement of Colored People (NAACP).

August 31, 1997 - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers.

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

-Princess Diana



All Employees are required to work a shift on a blackout day.

The Calendar

"Heat, ma'am! it was so dreadful here, that I found there was nothing left for it but to take off my flesh and sit in my bones."

~ Sydney Smith, Lady Holland's Memoir

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Toby Keith @ CWP	9	10	11	12	13 MMA Strikeforce @ Dodge Theatre	14
15	16	17 Natalie Merchant @ Dodge Theatre	18 John Mayer @ CWP	19	20	21
22	23	24	25	26	27 Slayer / Megadeath @ Dodge Theatre	28 GooGoo Dolls @ Dodge Theatre
29 Charlie Daniels @ Dodge Theatre	30 AFI & Green Day @ CWP	31				

BIRTHDAYS

- Michael Moreno 8/2
- Jamie Hyler 8/5
- Robert Soliman 8/5
- Thomas Geyer 8/8
- Justin Kent 8/9
- Gabriel Rivera 8/9
- Mark Rinebold 8/10
- Steven Babcock 8/11
- R Jay Ward 8/12
- Dan Sainato 8/16
- David Young 8/19
- Crystal Valenzuela 8/20
- Taylor Jacobs 8/30



Anniversaries

- Shawn Riggs 2 years
- * Jeremy Burns 1 year
- * Joe Byrski 1 year
- Kevin Straub 1 year

And none have maimed Butch yet!



Restaurant Review. Getting your chow on... by Ashleigh Gaylord



Mimi's Café:

I first heard of Mimi's when I moved here to Arizona. I remember the very first time we went, we had breakfast. I believe I had an omelet dish with asparagus, and it was DELIGHTFUL. I actually try to pick dishes with that vegetable as much as possible. With breakfast, you get breakfast potatoes which are seasoned perfectly, and you also get a choice of muffins with your dish. They have this honey oat muffin that is so good! That is probably my favorite flavor. The atmosphere makes you feel like you're in New Orleans and it very "homey". I've always had pretty good service from what I can remember. When I went for lunch one day, it did take the waiter quite a while to come back with my dessert. I tried their bread pudding...and OH MY GOSH... HEAVEN! It was the best I've ever had. So it was worth the wait. This is a 5 star restaurant in my book. It's always a treat when we get to go. Just ask my husband. The mere mention of Mimi's makes me look like a dog does when you mention going for a ride in the car. I perk right up and get really excited.

One of the memories that sticks out in my mind about that restaurant is when my parents came to visit from Georgia, and we told the waiter while we were eating there that they were from out of town and it was their first time there. The waiter brought out 6 muffins in a to-go container as a "welcome" and "thank you" type of gift. I thought it was so cool of them to do that. I think it made my family feel special and that's what customer service is all about. So if you've never been I definitely recommend it.

The one drawback, which is due to the fact that they have good food, is how long the wait can be sometimes. We've been before and had to wait an hour before we got seated. You can bypass the wait if you can find a seat at the bar, which is what my husband and I usually do. But if you are waiting, they usually have coffee and muffins or some type of breakfast snack food so if you are starving you can at least tide yourself over until you get seated.

I believe pricing is fair for the quality of the food and the customer service.

Locations:

Ahwatukee:	Goodyear:
4901 E. Ray Road	1220 N. Dysart
Chandler:	Mesa:
2800 W. Chandler Blvd	1250 S. Alma School
Desert Ridge:	Metro:
21001 N. Tatum	10214 N. Metro Pkwy
Glendale:	Scottsdale:
7450 W. Bell Rd.	8980 W. Shea Blvd

Thai Curry Chicken

Ingredients:

- 1 lb. boneless chicken
- 2 zucchini
- 2 cans coconut milk
- 1 T red curry paste (this is hot!)
- 1 T sugar
- 1 tsp salt
- 1/2 onion (chopped)
- fresh basil



Prep: Cut chicken & zucchini into bite size pieces. Separate coconut paste from the coconut milk (I just pour half of each can into another container...usually the paste is heavier and settle on the bottom, so what you pour into the container will be the milk).

Cook: In a large pan cook coconut paste & red curry paste on medium heat until it boils. Add chicken, sugar, & salt and cook for 15 MINUTES (stir every 5 minutes). Add onion, remaining coconut milk, zucchini, and basil to pan. COVER & COOK for 20 MIN

SERVE OVER RICE. (preferably sticky—But that is really hard to make)

Sticky Rice Tips

Soak the rice in a container that holds at least twice the volume of rice: Cover the rice with 2 to 3 inches of room-temperature water and soak for 6 to 24 hours. Drain the rice and place in a steamer basket over several inches of boiling water in a large pot. The rice must not be in or touching the boiling water. Cover and steam for 25 minutes, turn rice periodically. Do not let pot run dry of water. Empty rice onto a clean surface. Use a spoon to flatten it out a little, then turn it over on itself from side to side. Serve warm directly from the pot or bowl. The rice will dry out if exposed to the air, so keep covered until serving.

We have updated our Facebook site. Hop online and check out pictures from some recent events and activities! Tag yourself and your coworkers, start a discussion, comment on the world.... (keep it clean, peeps!)

facebook.com/totaleventsandmanagement

August in the Valley or Life outside of the A/C by Pat Maloney

MESA...

Motorcycles on Main Bike Night

Main Street Downtown Mesa 6-10 PM

Every first Friday of the month you can cruise down main street downtown mesa and enjoy a

fabulous show of motorcycles or park and show your ride, The fun includes beer gardens,

live entertainment and more.

www.chestershd.com

SCOTTSDALE...

Where Wild Things Are..

Kids of all ages have a cool place to have fun and learn about artist and writer Maurice Sendak

in his own words and pictures. Visitors are in-

vited to dance in the Wild Forest, cook in the Night Kitchen, read on Rosie's stoop, slide into a bowl of chicken soup and create their own art masterpiece.

www.scottsdalelibrary.org 480-312-7323

Editor's Note

This is a FANTASTIC outing for kids of all ages. (even 33 y.o. - I am just saying)

Bring a camera: great photo opportunities...

Water fights, swimming in the pond, feeding giraffes, seeing the big cats up and stalking. And the awesome new monkey area where you are IN the cage..yes IN THE CAGE!

PHOENIX

Prowl and Play at the Phoenix Zoo August 14th 6-9:30PM

Ever wonder what really goes on at the Zoo at night? Prowl and Play lets you experience the Zoo

in a whole new light..or dark. \$5 members \$6 non-members kids under 2 FREE

www.phoenixzoo.org

HELL CITY TATTOO FEST. Aug 27-29

AZ Biltmore Resort and Spa

Rain or shine, HELL CITY is 'one hell of a good time.' This convention is put on by tattoo artists featuring

World class artists and collectors from around the world. HELL CITY brings you not only some of the

worlds best tattoo masters, but also showcases many up and coming artists. Includes many other activities

that you will not see at any other tattoo convention.

www.hellcitytattoos.com

FLAGSTAFF

Heritage Square Trusts Summer Concert Series

Enjoy live music during Flagstaff's premiere summer concert. The August 14th concert features music by

Peppermint James. A Phoenix based act influenced by famous groups such as, the Beatles, the Wailers,

and old school funk.

www.heritagesquaretrust.org 928-853-4292

So go out and enjoy some local culture.

Patman...



Arizona Monsoon Safety:

In Arizona, the monsoon, begins with the extreme dry heat of May and June, when temperatures rise to 100 degrees and above. As the atmosphere warms, the dry jet stream moves northward and the winds shift up from the south. This shift brings in humidity and moisture from the Sea of Cortez, and the Gulf of Mexico. Once the moist air arrives, the intense summer sun heats the air, creating cumulous clouds, which lead to frequent afternoon and evening thunderstorms with a spectacular display of lightning.

Officially, the monsoon starts on June 15th and ends on September 30th

Watching an Arizona monsoon storm from the safety of your own home can be an awe-inspiring experience, but if you're caught outdoors during one, here are some safety tips:

If you see a sign that says "Do Not Cross When Flooded," take it seriously. If you are caught in a wash, try to climb out on the roof of your vehicle and wait for help. Use your cell phone, if available, to call 911.

If you're driving when it's raining, slow down. Remember that the beginning of rain storms in the area are the most dangerous times since that's when oils and other automotive fluids are being washed off the roads causing unusually slick conditions.

If your visibility is impeded by heavy rain or blowing dust, most people will reduce their speed, but keep driving straight. Don't change lanes unless absolutely necessary. Area drivers will often use their emergency blinkers (hazard lights) during the storm because blinking lights are easier to see.

To avoid being struck by lightning stay away from open fields, high land, trees, poles, other tall objects, standing bodies of water including swimming pools, and metal objects including golf clubs and lawn chairs.

If you're home during the Arizona monsoon storms, there are still some things you can do to stay safe and enjoy the natural light and sound show:

Turn off all unnecessary electrical equipment during storms to decrease the draw on power companies. This is a prime time for power outages in the area. Because of the risk of power failure, keep batteries, a working batter-powered radio or television, flashlights, and candles handy. If the power goes out, remember to keep lit candles out of direct drafts.

Stay off the phone. Even cordless phones can cause a shock in cases of nearby lightning strikes. Use cellular phones for emergencies only.

Stay away from plumbing fixtures including showers, baths, and sinks. Lightning can travel through metal pipes.

Keep your distance from windows as high winds can blow heavy debris.



I have 20 bucks...What'll that get me? by Steve Vanegas

Salty Seniorita, near Stapley and the US 60 on the Mesa/Gilbert border, is featuring happy hour deals every day between 3-7 p.m. House shots are just \$1, and \$2 will buy you a domestic beer. Appetizers are also half-priced. Pacifico Cervezas are \$1.99 every day from 8 p.m. until close. 1860 S. Stapley Drive, Mesa, 480-632-8226.



Thursdays, 11 a.m.-1 a.m. Fridays-Saturdays. 14205 S. 50th St., Ahwatukee.

For cool refreshment on hot summer days, stop by **Arriba's Mexican Food Restaurant**. They are offering 99 cent margaritas during happy hour. See the website for additional specials. 3 p.m.-6 p.m. Monday - Friday, reverse happy hour 9 p.m.-close daily. 17211 N. 79th Ave., Glendale. 623-878-5777



Regular museum hours: 9:30 a.m.-5 p.m. Monday-Saturday. 11 a.m.-5 p.m. Sunday. 2301 N. Central Ave., Phoenix, 602-252-8848.

Famous Dave's restaurants, including the location at 3250 W. Frye Road in Chandler and the one at 2206 E. Williams Field Road in Gilbert, are offering a variety of "Smokin' Happy Hour Specials" every Monday-Friday from 3-7 p.m. and from 9 p.m.-close. For example, \$2 will get you a domestic beer draft, and premium and imports are just \$2.50. Well drinks and tall draft beer are \$3. Famous fries and BBQ buddies (pork or chicken) are \$1. Dine-in, in bar only.



Buy 1 menu item at **Chompie's** at get 1 menu item of equal or lesser value free with the purchase of 2 beverages. Value: up to \$13.79.



Offer valid Sundays-Thursdays from 3 p.m. to close. To get the deal, print this page and present it to

your server prior to ordering. Not valid on "Summer Dinner Deals" or with any other coupons or offers. Limit one coupon per person per visit. Expires July 30th. Locations include 1160 E. University Drive, Tempe, which is open 6 a.m.-8 p.m. Mondays-Fridays, 7 a.m.-8 p.m. Saturdays-Sundays. Also valid at other locations.

On Mondays and Tuesdays at **Rock Bottom Restaurant and Brewery**, kids 12 and under can pick any single item from the kid's menu for



free with the purchase of any regular priced adult entrée from the lunch or dinner menu. Restaurant hours are 11 a.m.-11 p.m. Sunday-Mondays, 11 a.m.-midnight Tuesdays-



a night out? Go to Picture Show at the **Superstition Springs Mall**. They show a variety of movies - currently showing Percy Jackson, The Last Airbender and other movies - for only \$2, or go on Tuesdays and pay only \$1. Also, from 7 p.m.-9 p.m. on Saturdays through July 31, the mall has free concerts in their outdoor amphitheater. See acts such as Shining Star and Lyn Jackson Band before the movie. 6555 E. Southern Ave., Mesa, 480-832-0212.

Feeling pinched in the pocket but need



Target sponsors free Sizzlin' Summer Saturdays every Saturday in July at the **Heard Museum**. Admission is free to events including music, dance, hands-on activities, treasure hunts, artist demonstrations and free goody bags for children. Activities 10:30 a.m.-4 p.m. Saturdays, museum open 9:30 a.m.-5 p.m.

Show your U.S. Military ID at **Chompie's** and receive 20 percent off your total dine-in meal check (up to a \$20 value, excluding tax and gratuity). The discount is valid every day with proper U.S. Military ID for active duty and retired U.S. military personnel and U.S. military veterans. Hours are 6 a.m.-8 p.m. Monday-Friday, 7 a.m.-8 p.m. Saturday-Sunday. 1160 E. University. Tempe. 480-557-0700. Also valid at Paradise Valley Mall located between Dillard's and Sears. Paradise Valley. 602-710-2910 and 9301 E. Shea Blvd. Scottsdale. 480-860-0475. Paradise Valley Mall and Scottsdale location hours are from 6 a.m.-9 p.m. daily. Also valid at 3481 W. Frye Road, Chandler, 480-398-3008. This location is open 6 a.m. - 9 p.m. Sundays - Thursdays, 6 a.m. - 10 p.m. Fridays - Saturdays.

Supervisor of the Quarter



Butch Spicer

Runner Up: Mike Salinel

Linda Iovinelli



Employee of the Quarter

Runner Ups: DJ Vodicka, Albert Valenzuela and John Ancell

Avoiding Heat Related Illnesses

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. . Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes.

Workers at greater risk of heat stress include those who are 65 years of age or older, are overweight, have heart disease or high blood pressure, or take medications that may be affected by extreme heat.

Prevention of heat stress in workers is important understanding what heat stress is, how it affects their health and safety, and how it can be prevented.



Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms

Symptoms of heat stroke include:

- Hot, dry skin (no sweating)
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech

First Aid

Take the following steps to treat a worker with heat stroke:

- Call 911 and notify their supervisor.
- Move the sick worker to a cool shaded area.
- Cool the worker using methods such as:
- Soaking their clothes with water.
- Spraying, sponging, or showering them with water.
- Fanning their body.
-

WORKER SAFETY RECOMENDATIONS

- Wear light-colored, loose-fitting, breathable clothing such as cotton.
 - Avoid non-breathing synthetic clothing.
 - Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- **Take more breaks in extreme heat and humidity.**
 - Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough water that you never become thirsty. (2 liters per hour)
- **Avoid drinks with caffeine, alcohol, and large amounts of sugar.**
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

Symptoms

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature

Fast and shallow breathing

First Aid

Treat a worker suffering from heat exhaustion with the following:

- Have them rest in a cool, shaded or air-conditioned area.
- Have them drink plenty of water or other cool, nonalcoholic beverages.

Have them take a cool shower, bath, or sponge bath.

IF YOU ARE FEELING ILL, LET YOUR SUPERVISOR KNOW IMMEDIATELY. REMEMBER TO HYDRATE IN ADVANCE OF YOUR SHIFT TO AVOID HEAT STRESS. YOU MUST PREPARE YOURSELF FOR ARIZONA WEATHER!

GOLDBOND as a GODSEND

Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

- Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.



First Aid

Workers experiencing heat rash should:

- Try to work in a cooler, less humid environment when possible.
- Keep the affected area dry. **Dusting powder may be used to increase comfort.**

People are always rating you on your service.....

By TJ Atchison

Deciding where to spend your hard-earned cash depends on more than just who has the flashiest ads; you also want to know which companies are going to treat you well once they secure your business. And when times are tough and you have less to spend, customer service counts more than ever. MSN Money has released its annual customer service halls of fame and shame, and the lists contain a few surprises — and some repeat offenders. Here are the top five from each category:

Hall of Fame

1. Amazon
2. Trader Joe's
3. Netflix
4. Apple
5. FedEx

five worst customer service offenders

Hall of Shame

1. AOL
2. Bank of America
3. Comcast
4. Sprint Nextel
5. Capitol one

... so First Impressions matter....

By Billy Royal

10 Worst Domain names

1. A site called "Who Represents" where you can find the name of the agent that represents a celebrity. Their domain name... wait for it... is www.whorepresents.com
2. Experts Exchange, a knowledge base where programmers can exchange advice and views at www.expertsexchange.com
3. Looking for a pen? Look no further than Pen Island at www.penisland.net
4. Need a therapist? Try Therapist Finder at www.therapistfinder.com
5. Then of course, there's the Italian Power Generator company... www.powergenitalia.com
6. And now, we have the Mole Station Native Nursery, based in New South Wales: www.molestationnursery.com
7. If you're looking for computer software, there's always www.ipanywhere.com
8. Welcome to the First Cumming Methodist Church. Their website is www.cummingfirst.com
9. Then, of course, there's these brainless art designers, and their whacky website: www.speedofart.com
10. Want to holiday in Lake Tahoe? Try their brochure website at www.gotahoe.com

.....
 "As the light changed from red to green to yellow and back to red again, I sat there thinking about life. Was it nothing more than a bunch of honking and yelling? Sometimes it seemed that way. —Jack Handy

That voice in your head... by Marlies Meinhold

Memento Vivere - Remember to Live

This happens to be a tattoo that I got while I was in Spain. My brother, sister, and I all got this tattooed on our wrists. It's a good reminder for me.... Sometimes I do lose sight.



Marlies' Notes

On another thought, I have a little gripe I would like to share. As you know we all share the rotation of the 619 phone. So when we are done at the office and at home, relaxing, eating dinner, watching a movie, we still have to answer the phone. So at 8:00pm at night, at home, I get a call for an employee calling off from a shift... I tell the employee ok, have a good night, as the employee starts to ask me about his paycheck. Remember, I am at home; I do not have any idea about that employees check, until I get into the office.

Another example is when we are working shows... none of us have the schedule memorized, nor can we do anything about a paycheck while working at a show. I know personally I will do whatever I can to help an employee, I know that anyone in the office would do the same too. But when we are working shows our priority is the show and our employees at that event and time.

So this is just a little gripe... Just try to understand when we answer 619, our cell phones, or talk to you at a show.... That we are not in the office/ in front of our computer. Please use the office hours to contact us regarding all the other thingsThank you

On a side note, I would like to take the opportunity to thank **Paul Bickford**. Paul, you were an incredible asset on the 4th of July. Every call, you answered, and handled. Thank you for being my "GO TO" person on the 4th of July.

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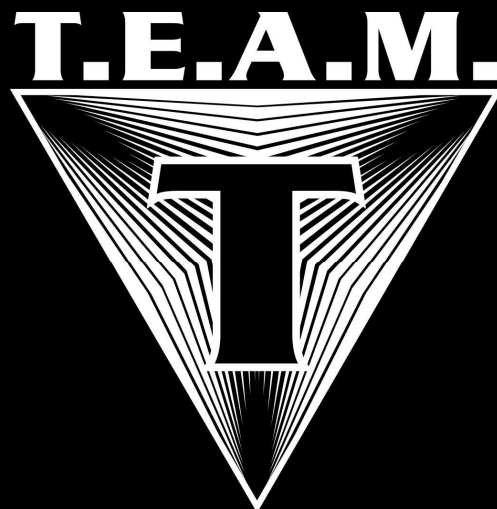
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If you are calling with dissatisfaction, irritation, a grudge, or because at any point your sensibilities were abused, please call the fax number. We like to hear it make that noise in your ear. Make certain you utter the phrase "I know my rights."

Also make sure you call after 11pm,

For everything else newsletter related, please contact Elizabeth@teamsecurity.net.

To submit an article: elizabeth@teamsecurity.net

To submit a question: frankie@teamsecurity.net

For anything schedule related: stevev@teamsecurity.net or pat@teamsecurity.net