



NEWSLETTER

April 1, 2008
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Bridge Crew Training Successfully Completed

A 30 Hour OSHA Outreach Training Program for bridge rehabilitation was presented to all Stone Valley Construction, Inc. employees who work from our Philipsburg location. Bridge rehabilitation is a dangerous occupation. Exposure to heights, traffic, and environmental hazards are a daily reality. It has become standard operating procedure to offer a winter safety program to all bridge workers every year. The success of the training experience mixed with everyone from project manager to newly hired laborer has given our company “bragging rights” as one of the safest bridge repair companies in Pennsylvania. This effort continues to be enhanced by Craig Shaffer of Safetyworks, Inc. Craig diligently provides training programs which heighten interest and hold the attention of all involved. Added to this year’s program was a first aid class, a CPR and defibrillator program, and a fire safety course which included “hands on” use of fire extinguishers. We are looking forward to another safe, productive and profitable year in bridge repair!



Marie DeVinney
President



Whitey (Harry) Glenny
Secretary - Treasurer

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Pat Thompson (above) and Jim Supenia (top right) put out training fire.
Bob Sinclair is instructed by Craig Shaffer on proper scaffolding procedures (bottom right)

Geisinger Choice Accessories Program

As a member of Geisinger Choice health insurance, you and your dependents are able to receive discounts on several health-related products and services. All you need to access this benefit is your Choice identification card. You do not need a referral for the accessories program.

As a member you are eligible to receive discounts for the following products and services:

Fitness Center Discounts: 15% off membership at selected fitness centers. For a list of participating centers check out www.thehealthplan.com or call the Customer Service Team phone number on the back of your insurance card.

Weight Watchers: To find out more about discounts available call Weight Watchers at 1-800-651-6000 as well as to find meeting times and locations near you.

Safe Beginnings: Enjoy a 20% discount for on-line purchases on select child safety products, family step products, family safety items, and baby care accessories from Safe Beginnings. Log onto www.thehealthplan.com and select Accessories Program, Child Safety Products.



Chiropractic Care, Massage Therapy, Acupuncture: You can obtain a 25% discount off the usual fee for the services of any chiropractor, massage therapist, or acupuncturist in the ASH Networks.

Health Products: You can receive discounts of 15-40% through Healthyroads, plus free standard shipping, on thousands of health and wellness products.

For details on these services and a list of contracted providers visit www.thehealthplan.com or call ASH Networks direct at 1-877-335-2746.

Eyewear and Eye Exams

Substantial savings on both eye exams and eyewear are available. Participating locations include LensCrafters, Target Optical, Sears Optical, and most Pearl Vision centers as well as independent providers. You will receive \$5 off routine exams and \$10 contact lens exams. Discounts on non-disposable contact lenses, frames, eyeglass lenses, coatings, tints, and lens treatments are available.



Laser Vision Correction

You are entitled to a 15% discount on regular prices or a 5% discount on promotional prices for LASIK and PRK treatments through the U.S. Laser Network, including pre- and post-operative care. LASIK and PRK procedures must be performed at a LasikPlus Center for you to receive the discounts; you may obtain pre- and post-operative care from other providers, but you will be fully responsible for any fees charged by that provider. Call the U.S. Laser Network at 1-877-552-7376 for details.

How to Eat Healthy When You Eat Out

It can sometimes be a challenge to eat healthy when you eat out. There are too many temptations that abound. Some people tend to overeat when they dine out. Eating healthy when you dine out is not impossible to do; you just have to stay focused and not get carried away. Oftentimes, people get tempted to eat more or to not eat healthy when eating out, stating that it only happens once in a while. Unfortunately, that once in a while gets compounded and may change your eating habits for the worse if you do not watch out. Some people tend to avoid eating out altogether just to ensure that they are eating right. Although there is nothing wrong with that, there may be times that eating out cannot be avoided.

Here are some simple tips to eating healthy at a restaurant:

1. **Stay on your food plan.** Eat in moderation; a serving or two at a time. Eat a well balanced meal by taking the food guide pyramid into consideration when eating out. Make sure you have enough protein, carbohydrates, fruits, and vegetables.
2. **Skip the appetizer.** Some appetizers are too heavy on the belly and could be considered a meal in themselves. Have a salad instead. Order a main dish with two side vegetables. Limit the bread to two servings or less (or skip altogether) and only choose whole grain or whole wheat bread.
3. **Non-Fried.** As much as possible, choose grilled foods instead of fried. Also, speak up! If you would like a menu item grilled

instead of fried, for example, simply ask your server. Most restaurants take special requests.

4. **Skip the dessert.** If you must have one, pick a fruit. Fruits have excellent nutrients and taste wonderful. Avoid cakes, cookies, ice cream, pies, or anything with added sugar or fat.

5. **Eat Fresh.** Try to find out what is fresh on the menu, not canned or frozen. Anything that is fresh automatically tastes better and is better for you.

6. **Limit to one helping.** Have only one helping, skip going for seconds. If you frequent buffet-style restaurants it is best to choose only the items you really want and to allow yourself only one visit to the buffet line.

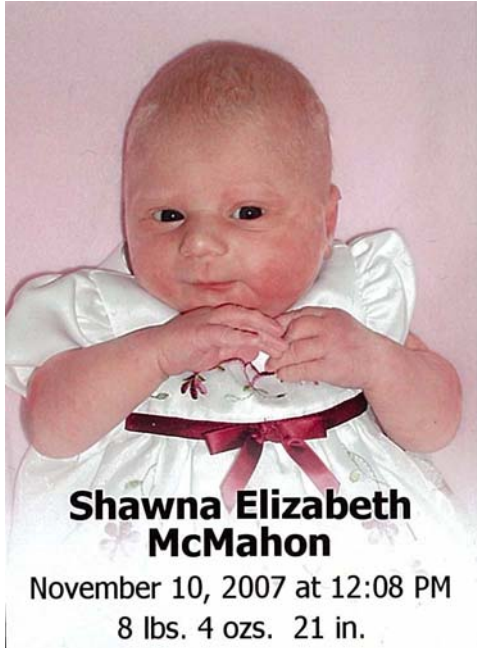
7. **Limit your food intake by cutting your meal in half.** Most restaurant meals are large enough to be cut into two servings. As soon as your meal is served ask the waiter/waitress to immediately put half of it in a container. You will be more tempted to overeat, even if you are no longer hungry, if there is food in front of you. By immediately removing half your meal you take away the unnecessary temptation.



As you can see, with very little effort, you can stay on track when you have to eat out. Hopefully these tips will help you not eat more than you should whenever you dine out.

Good Luck!

Birth Announcement



*Congratulations to Ron E.
McMahon and his wife Susan on
the birth of their daughter, Shawna
Elizabeth, who was born on
November 10, 2007.*



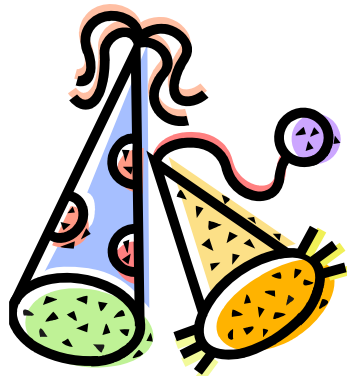
Insurance Payments

Please be aware that all payments for insurance while you are laid off need to be addressed to **Rachel Porter's** attention. This will ensure that your payment gets applied as quickly and accurately as possible. Also, if you have questions about how much you owe, all inquiries should be directed to Rachel Porter as well. She can be reached in the business office Monday-Wednesday at 814-234-7309. Also via e-mail at rporter@stone-valley.com.

Birthdays

Happy Birthday to these employees
celebrating a birthday this month:

Mark Bezilla
Brad Bilyeu
Brandon Brenneman
Bryan Fetzer
David Fitzgerald



Ernie Goss Jr.
Joe Hammers
Randall Perrin
Patrick Whittaker
Howard Wilson

Safety Fun Page

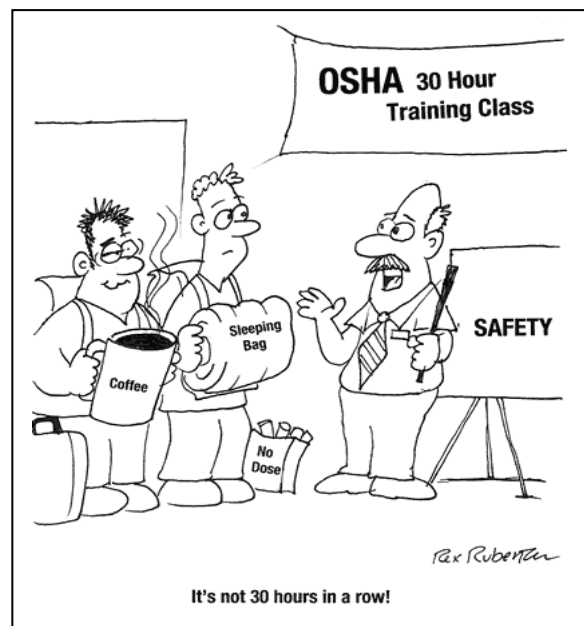
Safety word search

Find the safety terms hidden in this puzzle. Circle each word as you find it. Letters may run in any direction: up, down, left, right, and diagonally.

- AWARENESS
- EMPLOYEE
- EMPLOYER
- ERGONOMICS
- LABELS
- OSHA
- PREVENTION
- REGULATIONS
- TRAINING
- WORKPLACE



Thank you to all participants who completed their required training this winter!



Thanks to Joe Shimmel for suggesting this page.
Great job!



HAPPY SPRING!

Upcoming Events

April 1	April Fool's Day
April 10, 24	Staff Meeting
April 12	1 st day of Trout Season
April 21	Safety Meeting
April 26	Spring Gobbler Season begins
May 11	Mother's Day
August 23	Company Picnic - DelGrosso's Amusement Park



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