

**MELVIN
BENHOFF
SONS
ASPHALT &
CONCRETE PAVING**

**KEEPING OUR EMPLOYEES
INFORMED!**

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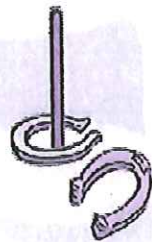
NEWS & UPDATES

On Friday July 11th, 2008 we held our 3rd annual Employee Appreciation Day. This year was extra special than the prior years, being that this is our 40th year anniversary. We had a special 40th year anniversary hats made up for the special occasion. We had an excellent turnout, and the weather was great. We had many employees volunteer their time to help put this all together, and we wanted to say thank you for all of the hard work that made this a great success. Mike, and Jake Benhoff provided us with their famous pit beef, that we believe may be a secret family recipe.

We put together a number of activities to help pass the time, and hopefully most of the employees won some great prizes. From the dart board where employees won gift cards, to MBS Apparel, to the lottery dart board which was loaded with tickets. Gerry Miller won so many prizes of MBS Apparel, we believe his whole crew now has something that he gave to them. We also had a 5 gallon jug with stones that employees had the chance to win crab feast tickets, congratulations go out to Anderson Taylor, and George Blatchley for winning that prize.

The following employees won a \$50.00 gift card, a \$50.00 Costa's Gift Certificate, or Orioles tickets, James Boulden, Dana Morgan, George Ryan, Mark Schultz, Blake Stultz, Pat Duley, Mark Owens, Shane Davis, Jake Benhoff, and Arnold Davies. In addition, we presented the Senior Leaders with special gifts. This year we designed a 40th Year Anniversary 3D Mack Truck engrave with their names, we also honored our founder Melvin C. Benhoff Sr. with one of these collectors item which we have placed on display in the conference room. As a grand prize we also gave away one of these 3D objects to Tony Jones, so congratulations and thank you to all who made this a great day.

"This year was extra special than the prior years, being that this is our 40th year Anniversary"



This Year's Company Picnic will be held at Gunpowder State Park on **Saturday, October 4, 2008** from 11am to 4 pm.
SEE YOU THERE!!

**CELEBRATING 40 YEARS OF EXCELLENCE
AND GREAT TEAMWORK**

TO YOUR HEALTH

16 Interesting, Amusing and Even a Little Scary Health Facts

Interesting facts are fun. After all - by definition - they are interesting! Number 5 makes you think twice about drinking coffee...or talking on the cell phone while driving...doesn't it?

1. Motorists who talk on cell phones are more impaired than drunk drivers with blood-alcohol levels exceeding .08!
2. Banging your head against a wall uses 150 calories an hour.
3. Some parts of the word protect their babies from disease by bathing them in beer.
4. The word "gymnasium" comes from the Greek work gymnazein, which means "to exercise naked."
5. There are more than 1,000 chemicals in a cup of coffee! Of these, only 26 have been tested, and half of these have been shown to cause cancer in rats!!
6. The average American eats at McDonalds more than 1,800 times in their lifetime.
7. A hard working adult sweats up to 4 gallons per day.
8. There is more bacteria in your mouth than there are people in the world.
9. According to U.S. FDA standards, 1 cup of orange juice is "allowed" to contain 10 fruit fly eggs, but only 2 maggots. (*Whew! I was afraid there may be 3 maggots in my O.J.!!*)
10. Apples are more efficient than caffeine in keeping people awake in the morning.
11. Strawberries have more Vitamin C than oranges.
12. You burn more calories sleeping than you do watching television.
13. It is possible to go blind from smoking too heavily.
14. Right-handed people live, on average, nine years longer than left-handed people do.
15. You are about 1 centimeter taller in the morning than in the evening!
16. During your lifetime, you will eat about 60,000 pounds of food, that's the weight of about 6 elephants.

"Banging your head against a wall uses 150 calories an hour"

Taken from Maryland Spine Institute, Volume 8, Issue 5

Beat the Heat: Summer Safety Tips for Working Outdoors

Now that summer is in full swing, keeping cool is a priority for everyone—especially for those who work outdoors. Below are general safety tips when working outside

- Seek the shade whenever possible. Use lunchtime or even short breaks to get inside or into the shade.
- Cover your body as much as possible with clothing, including a hat and UV-blocking sunglasses.
- Apply 1 oz. (two tablespoons) of SPF 15 or higher sunscreen to your body before starting your day outside. Reapply every two hours.
- Drink plenty of water. While the amount of water you should drink can depend on your body type, environment and health condition, the Institute of Medicine recommends that men drink approximately three liters (about 100 ounces) and women drink about 2.2 liters (about 75 ounces) per day. If you work outdoors in extreme heat and perspire a lot, you should consider taking in even more.
- Check your skin regularly for any unusual moles or discolored spots. If you find any that change shape, size or color, see your doctor as soon as possible.
- Beware heat exhaustion
- A common heat-related illness, symptoms of heat exhaustion can begin suddenly and are often attributed to excessive exercise, heavy perspiration and not drinking enough fluids while in the heat. According to the Mayo Clinic, symptoms can include:

Feeling faint	Nausea	Heavy Sweating
Ashen appearance	Rapid, Weak heartbeat	Low blood pressure
Cool, moist skin	Low-grade fever	

If you suspect one of your employees has developed heat exhaustion, the Mayo Clinic advises you do the following:

- Get the person out of the sun and into the shade, preferably an air-conditioned area.
- Lay the employee down and elevate the legs and feet slightly
- Loosen or remove the person's clothing
- Have the employee drink cool water (without ice) or a sports drink that contains electrolytes
- Cool the person down by spraying or sponging him or her with cool water and fanning him or her.
- Monitor your employee closely, as heat exhaustion can quickly escalate to heatstroke. If he or she develops a fever greater than 102 F, faints, is confused or has a seizure, call 911 or other emergency medical assistance immediately.

By keeping your fellow employees informed of the risks posed by the sun and working outdoors for prolonged periods of time, not only do you help keep them healthy, but you help keep our business running smoothly as well.

Partially taken from http://www.nfib.com/object/IO_29180.html

BRAGGING ABOUT THE JOBS!!! What our Customers have to say...

"Great job, as always - Thanks" - Randy Williams, Home Properties

"Pat Williams surpasses our expectations" - Steve Landess, Rukert Terminals

"Work was performed to utmost satisfaction" - Tom Ambrose, Emcor Facilities Services

"Ran project w/authority & very responsive to suggestions & requirements of project. Safety is my #1 importance & Tony has the same vision...Very pleasant to work with" - Tom Brookhart, Harford County

NOTABLE NEW JOBS

<i>Project Name</i>	<i>Estimator</i>	<i>Superintendent</i>	<i>Contract \$</i>
Baltimore City Public Schools	Joe Dohony	Mike Moxley	\$772,720.00
SHA - US Rt 1	Scott Murray	Mike Benhoff	\$1,783,179.12
Maryland Inst. College of Art	Jon Miller	Mike Moxley	\$413,567.17
Northwest Regional Park	Scott Murray	Mike Benhoff	\$329,064.88

KEEP UP THE GREAT WORK!!

GO AHEAD....LAUGH ABOUT IT

The wisdom of Larry the cable guy.....

1. A day without sunshine is like night.
2. On the other hand, you have different fingers.
3. 99 percent of lawyers give the rest a bad name.
4. Remember, half the people you know are below average.
5. He who laughs last, thinks slowest.
6. A clear conscience is usually the sign of a bad memory.
7. If you think nobody cares, try missing a couple of payments.
8. When everything is coming your way, you're in the wrong lane.
9. What happens if you get scared half to death, twice?
10. Why do psychics have to ask you your name?
11. Inside every older person is a younger person wondering, 'What the heck happened?'
12. Life isn't like a box of chocolates. It's more like a jar of jalapenos. What you do today, might burn your butt tomorrow.

LARRY THE CABLE GUY



If you would like to contribute to the company newsletter, stop in and see Kelly in the main office.

SAFETY FIRST, SAFETY ALWAYS
Be Sure to Read the Enclosed Safety Newsletter

CLASSIFIEDS

If you have any items you wish to sell or are looking for anything in particular, please notify Kelly or Tracey in the front office.



Safety First with Melvin Benhoff Employees

ALL ON SAFETY

I have recently been advised of a situation on Job# 07-250 Total Engineering / St. Agnes Hospital. We are a subcontractor on the job; Total Engineering is the general contractor. A Total Engineering employee was driving through a non-construction zone and hit a pedestrian who happened to be a doctor at the hospital. The doctor was in a crosswalk. The emergency room was only 20 feet from the scene of the accident, however the injuries were so severe the doctor was flown to shock trauma. The accident happened on June 6th 2008. We will not be privy to any official reports on the accident due to the fact MBS was not involved.

Please keep in mind when working at any site, to be sure you following ALL safety precautions and safety plans. When arriving at a new job site a safety plan should be discussed with all employees. An emergency coordinator should be appointed; a warning system should be devised along with warning signals to alert workers of an emergency situation.

Congratulations to the following Employees on 2nd Quarter Safety Awards!

Total Incidents 2nd Quarter April - June

Worker's Compensation	4
Automotive	1
Property Theft	0
Property Damage	4
General Liability	1
Inland Marine	1

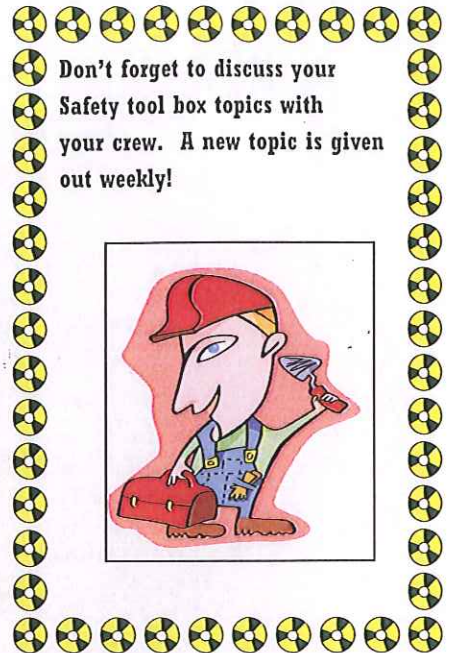
- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Earl Anderson • James Arbogast • Jacob Benhoff • George Blatchey • Charles Boblitz • Terry Bolyard • James Boulden • William Brannock IV • William Brannock • Maurice Burns • Jesse Carpenter • Darrell Chavis • Jason Columbia • Jack Couto • Joseph Cumberland • Arnold Davies • Shane Davis • Tyrell Dodd • Steven Drake • Junior Fortney • Reginald Goodman • Mark Gosewisch | <ul style="list-style-type: none"> • Michael Greiser • Jerry Guy • John Hall • David Harris • Cornelius Jackson • John Johnson • Jasper Jones • Thomas Juliano • David Klass • Alfred Kondilas • Anthony Lancaster • Donald Lang • Brian Laubach • Glenn Leahey • George McBride • Mark McCullough • Christopher Metz • Dane Metz • Gerry Miller • Troy Miller • Jerome Moore • Lamont Moye Sr. | <ul style="list-style-type: none"> • Christopher Murphy • Boh Meyers • Thomas O'Halloran • Timothy O'Rear • Mark Owen • Ryan Parker • Todd Preece • Julieann Reall • Raymond Reddick • George Ryan • Mark Schultz • Thomas Snow • Timothy Snyder • Richard Stout • Blake Stultz • Anderson Taylor • Michael Taylor • Joseph Thorton • Robert Webb • George Wees • John Williams • Patrick Williams |
|---|---|--|



Melvin Benhoff Sons, Inc.
Employee Safety
Everyday
Responsibility
Knowledge
Accident Free
Teamwork




THIS DAY IS JUST GOING FROM BAD TO WORSE!



Don't forget to discuss your Safety tool box topics with your crew. A new topic is given out weekly!

Everyone should be advised of the construction zone and the limitations.

- ◆ Include walking paths/routes in site safety plan.
- ◆ Know the internal traffic control plan.
- ◆ Know the work zone and your position in it.
- ◆ Only use designated equipment routes and areas. Cones and barricades must be set up to designate construction zones.
- ◆ If cones or barricades are moved for any reason, be sure they are returned to their original positions immediately!
- ◆ Maintain clear level walking paths in and around construction zone.



NOTE:
Make sure that a accident report is filled out by the foreman when a incident occurs on the job site no matter how big or small. The safety committee needs a report! Also make sure you contact Joe Benedetta or Dallas Leasure to make them aware of the incident.



Make sure you are aware of the speed limit entering & exiting the parking lot. It is for our own safety.



Please mark your calendar our company picnic is Saturday, October 4, 2008. Hope to see you there:)