

MECO SHOCKER

JULY 4TH, INDEPENDENCE DAY

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Independence Day is a national holiday marked by patriotic displays. Similar to other summer themed events, Fourth of July celebrations often take place outdoors. Independence Day is the most important national holiday in the United States. It commemorates the formal adoption of



the Fourth of July with a picnic or barbecue, and take advantage of the long weekend or day off to gather with friends and relatives.

the Declaration of Independence by the Continental Congress on July 4th, 1776.

We should be thankful that we can celebrate this holiday and remember this throughout the year not just one day out of the year!

Families often mark

NOW HEAR THIS

DOUBLE TROUBLE:

Restaurant meals have an average of about 60% more calories than meals prepared at home, according to a recent survey of 300 chefs. To cut calories, try dividing your portions and taking some home.



It's no surprise that standing near an exploding firecracker could damage your hearing. But the truth is that most hearing loss is gradual, the result of day-to-day exposure to excessive noise. To guard your ears and keep your hearing sharp at work and at play:

- Shield your ears-

Wear earplugs or earmuffs when using loud equipment.

- Lower your exposure-At home turn down the volume on the TV, radio, MP3 player. At work, if your environment is noisy, make sure you are wearing proper ear pro-

tection.

- Check the medicine chest-Some medications, including aspirin in high doses, can cause or aggravate hearing problems.

Most hearing loss is permanent, so be good to your ears. They'll reward you

DRIVING REMINDERS

Please, please, please be cautious driving company vehicles! We have had numerous calls regarding Modern Electric drivers!

SLOW DOWN, be



sure to stop at Stop Signs, and traffic lights. Remember you are highly visible

to the public with a Sign on your vehicle!

Also remember to keep you vehicle clean and presentable inside and out!

Thanks

AFTER HOURS SERVICE CALLS

A HUGE thank you to the Sheridan Crew:

Paul, Mark, Chuck, and Ben for responding to the Storm Call earlier this month. Also thanks to the

Casper Service Guys for helping out on the weekends:

Wyatt, Morgan, WC, Dave, John, Calvin, Brandon, Shaun, Perry, Chuck, and Vince. It is hard to

drop what you are doing, and leave your families to respond to after hours service calls.

WE APPRECIATE YOU!!!!

“The best remedy for anger is delay”

Brigham Young

THE REAL EMERGENCY

When you walk into the ER for routine care, you walk out with a bill that’s about six times more than the average doctor’s office visit. Since almost one-third of all ER visits are for issues that can be dealt with in a doctor’s office, it pays to save the ER only for emergencies.

KNOW WHEN TO GO

Sudden numbness, weak-

ness, disorientation

Heart Attack, chest pain

Breathing difficulties, severe allergic reactions

Severe abdominal pain, especially if you have a fever

Sudden severe headache without history of migraine

Severe burn

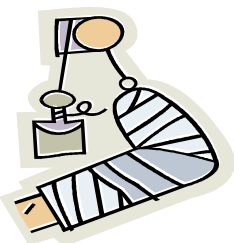
Overdoses

Broken bones that pierce the skin

Any other life threatening condition

IF IT IS NOT LIFE THREATENING IT IS BENEFICIAL TO VISIT THE FOLLOWING:

- Urgent Care
2546 E 2nd St
Casper, WY 82609
(307) 265-1110
- Urgent Care
3230 CY Ave
Casper, WY 82604
(307) 265-3600
- InstaCare
900 CY Ave
Casper, WY 82601
(307) 237-2273
- Urgent Care
1842 Sugar land Dr
Sheridan, WY 82801



MCMURRY HOME

August 2005 was the start of construction for the 27,000 square foot home of Mick and Suzie McMurry. At the end of July the McMurry's will be moving into their beautiful home. The pictures I have inserted are of the electrical room mostly due to the fact

that it is the brains of the structure. The mechanics of the home are controlled remotely via com-

puter technology. The crew and foreman of this project have run a smooth and professional project. I wanted to show off to our employees the excellent craftsmanship and construction. Thanks to all the other workers (to many to list).



The McMurry Crew:

Donny Jenkins

Bruce Gurtler

Chad Davis

Scott Degroot

Dave Bolger



OVERHEAD SIGN STRUCTURES

The highway crew consisting of John Smith, Chad Peterson, Chris Peterson, and Sherman Donovan have been installing these 5 DMS signs all over the country including Rock Springs, Farson, Lander, Lance Creek,

and Dutch John Utah. These sign structures are to update motorists on road conditions, closures and Amber alerts. Thanks Sherman for the pictures!



Modern Electric

246 West First Street
Casper, WY 82601
2007 Val Vista Drive
Sheridan, WY 82801

Phone: 307-266-1711
Fax: 307-672-2245
E-mail: wilsonk@modern-electric.com



**Let us shock
you!**

**www.modern-
electric.com**

CONGRATULATIONS

We have two new baby girl's to welcome!

- **Jalyn Julie's grand baby born June 14th 8 lb 3oz**



- **Shalon Wilkerson born June 22nd 7 lb 1oz**

MISCELLANEOUS NEWS

BIRTHDAYS:

JULY:

- Rick Horter 7/1
- Bob Greenley 7/14
- Gary Barkley
- Syed Shah 7/31

AUGUST:

- Matt Talbott 8/3
- Beau Burnham 8/11
- Grant Evans 8/12
- Dani Anderson 8/26
- Will Cadwell 8/26

- James Johnson-Laborer
- Joe Huggenberger-Equipment Operator
- Chris Denman-Appr.
- Andrew Maxwell-Intern Estimating
- Gary Barkley-Comm Tech.
- Vince Ooka-Journeyman
- Gretchen Brost-Sheridan Secretary
- Grant Evans-Appr.

NEW EMPLOYEES:

- Mike Tallis-Appr.
- James Thiemann

