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..if you are driving a moving Tri-City vehicle, you should not be using a cell phone or tablet for any reason unless you are using a hands-free device.

| Distracted Driving |

At Tri-City, nothing is more important than the safety of our employees, both on and off the job. One of the primary threats to life and limb these days is traffic accidents. Defensive driving is the name of the game here, being able to avoid dangers on the road by using safe driving practices: planning ahead, being prepared to react to other drivers, respecting other drivers, paying attention to road and weather conditions and avoid distractions such as cell phone use and eating.

Today the National Highway Traffic Safety Administration lists **distracted driving** as the primary cause of motor vehicle crashes. The primary cause of distracted driving in 2017 was texting and/or cell phone usage, which resulted in over 3,100 deaths. Did you know that:

A new Florida law that bans texting while driving will soon impact drivers around the state. In order to prevent this, Governor Ron DeSantis signed the 'Wireless Communication While Driving' bill in Sarasota. The new law allows officers to cite drivers who are texting and driving

The danger is real. Let's face it—we all have been behind or beside a vehicle going very slow or that drifts into another lane and we must swerve or brake suddenly to avoid a crash and, sure enough, we see a mobile device in that driver's hand. I don't want to be that driver and, I'm sure, neither do you! And, with all the road construction happening across the state, it is more important than ever to stay focused on the task at hand, paying attention to our surroundings and practice defensive driving.

Our Tri-City vehicle policy states that **"operating an electronic device(s) is a distraction. Looking up a number, texting or reading /listening to texts, sending e-mails or reading / listening to emails, or manipulating the screen on any device is strictly prohibited while the vehicle is in motion."** In other words, if you are driving a moving Tri-City vehicle, you should not be using a cell phone or tablet for any reason unless you are using a hands-free device.

I, Jack Olmstead, wholeheartedly encourage you to do the same in your personal vehicles, as well. As an employee and co-owner, YOU are the most important part of Tri-City and your health and well-being will always be a primary concern to me.

In 2013, I took a pledge against distracted driving and today, I am reaffirming that pledge. Won't you do the same and, as I have, share it with your family?

PLEDGE AGAINST DISTRACTED DRIVING:

I will set a good example and engage in safe driving practices. I pledge that I will not text, access e-mail or surf the web while I am driving. I will avoid using my cell phone while driving, unless I am using a hands-free device.

Stay alert and stay safe!

| Florida's new texting-while driving law: Q's & A's |

Answers provided by the Orlando Sentinel:

Wasn't texting-while-driving already illegal in Florida? Theoretically. But it was rarely enforced — by design. In 2013, Rick Scott signed a bill that made Florida the 41st state to ban texting while driving. But that legislation made texting a “secondary offense,” meaning cops couldn't pull over drivers breaking this law unless cops spotted texters breaking another, more-serious law. To many people, that seemed like an ineffective way to curb deadly behavior. The new law makes texting-while-driving a primary offense, meaning cops can ticket anyone they see breaking the law.

What's the penalty? A first violation carries a \$30. If you get caught doing it again, it's \$60... and that's just the fine. Court costs could take the price of any violation to more than \$100.

Can people still use their phones at stoplights? Yes, this means you'll still face needless waits behind people too busy typing to notice the light turned green. So the new law lets drivers operate their phones — to get directions or for any other reason — in “a motor vehicle that is stationary.” You can also talk on the phone using hands-free devices, which are required for any kind of use in school zones and work zones.

Can an officer just take your phone if he sees you texting? No. The law says an officer can't “access the wireless communications device without a warrant” or confiscate the device while waiting for one.

Statistics comparing texting and driving to drinking and driving according to Floridatoday.com.

- Texting while driving is six times more likely to cause a car accident than drunk driving.
- Men are about four times more likely to drink and drive, but women text and drive more frequently.
- Drunk driving causes about 10,000 fatal crashes and traffic fatalities a year.
- Using a cell phone while driving, whether it's hand-held or hands-free device, delays a driver's reaction time by as much as having a blood alcohol concentration at the legal limit of .08%

Suggestion Box

Your ideas could be worth \$250!

Do you have an idea that could improve customer service, streamline work processes, and/or save the company money? If so, it could be worth \$250!

The purpose of the Suggestion Box is to encourage employee participation, be innovative, and perform work based on best practices from “those who do the job”.

Criteria:

Can we use the idea.. make it work? Is there any cost-saving benefit? Does the idea benefit our customers? Does the idea benefit our employees?

Please submit your ideas to Jane Hodges to be eligible for a \$250 award.

Read to
WIN

There are two employee numbers hidden in this issue of the WattsLine- can you find yours? If you do, you win a \$100 Home Depot gift certificate. Contact Jane Hodges at the Altamonte office if you find your employee number.

Good Luck!

Praise for YOUR Work |

Gentlemen I wanted to take a moment to express my gratitude to the entire Tri-City team for their dedication to this project (*Trinity Medical Center*). As everyone knows we passed our 100% ACHA for the 5th floor with flying colors. This could not have happened without the strong effort Tri-City put into helping making this happen. Again, I want to thank everyone involved and let all of you know how much I appreciate everything you have done as our partners on this project.

I would be more than happy to have Tri-City on any project that I'm on.

Sincerely,



Jeff Nordstrom,
OSHA 30
SENIOR SUPERINTENDENT
CPPI CORE VALUE AWARD
WINNER: 2016
EXCELLENCE, 2017
COMMITMENT
CHARLES PERRY
PARTNERS, INC.
GENERAL CONTRACTOR |
CONSTRUCTION MANAGER
| DESIGN BUILD

Kolter Homes - Thank you Everett Flaitz for continuing to do a great job running the subdivisions out in Deland. Thank you to Anival Castillo and Alberto Diaz for doing a great job out at Grande Oaks.

“Tri-City’s project team (Michael Quirola and John Fabrizio) for FGCU Phase 2 did a great job and I would be glad to work with the same team for Phase 3 that is coming up.”

-Ray Haddad, Miromar Development

Ron -

In all seriousness I had planned to write you a separate email about your team. They have done a hell of a job on this project.

I have not stopped bragging about how Mr. [Ron] Mossor completed the lighting control drawings, for the engineer, figured out a way for the manufacturer of one of the FFI supplied lights, to fix whatever a problem with the light (it was something in electrician speak I did not understand) so moving forward it would work, and then caught that the OFCI lights were missing housings far in advance so we could fix that. And that is just from my side. I am sure he was amazing on site as well.

Jennifer [Landerway] had the submittals for you guys done and out the door before any other sub was able to and the close out docs are awesome.

Thank you!

Best Regards,
Lauren Zablony, Assistant Program Manager
First Finish

Mike with BTI (owner) stated - Thank you to Javier Vega-Santiago and Jason Hamilton for a job well done out at The Grove Resort and Spa.

Good Afternoon,

On behalf of PCL I would like to personally thank you for your involvement in PCL’s 2019 Habitat for Humanity Builder’s Blitz. We had an amazing week and finished our house one day early.

At PCL, we believe in making a difference in the communities where our employees live and work. Social responsibility is one of PCL’s guiding principles, and community giving is at its core. At PCL, we not only build great structures, but we also build hope for individuals and families in the communities we serve.

PCL has a 20 year standing relationship with Habitat for Humanity of Greater Orlando & Osceola County and we are dedicated to giving back to our community.

We greatly appreciate the amount of time, resources, and in-kind donations you and your company have put in to help make a dream come true for Patricia Sharpe and her two sons Devonte and Devion.

Again, thank you for your hard work and dedication.

Cooper Chesebro

Estimator

PCL Construction Services, Inc.



To Do More Than Expected

| May the Fourth be with You...(and April 6th and May 18th) |

On May 18th we wrapped up our annual Tri-City Training Fairs with our first ever training fair for our South Atlantic division. Thank you to our safety department, employees, and distribution partners for making this year's training fairs successful!



To Do More Than Expected

| Prefab |

Save 35% of the labor on your next project

Have you seen our revitalized prefabrication shop? Rafael Tavaréz and Clif Rando have combined forces for a new approach to implementing prefab on your next project. They've been collaborating with Superintendents and Project Managers companywide to deliver significant savings on projects from hospitals to parking garages. The range of services is incredibly broad.



Complete pre-wired load centers with guaranteed quality, consistency and efficiency in a fraction of the time as traditional installation - check



Prefab

To Do More Than Expected

| Prefab |

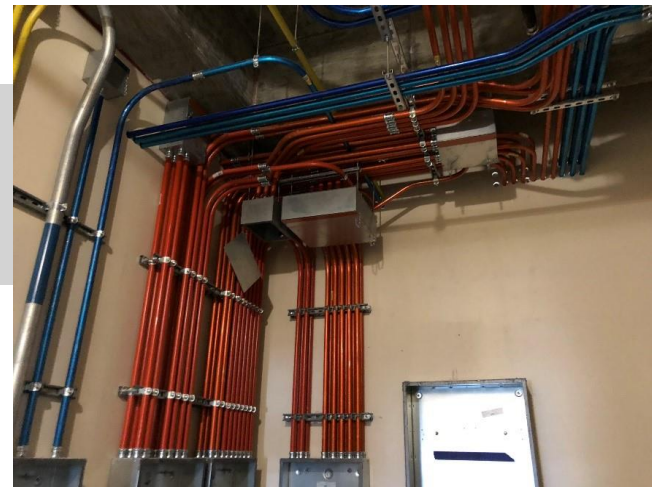
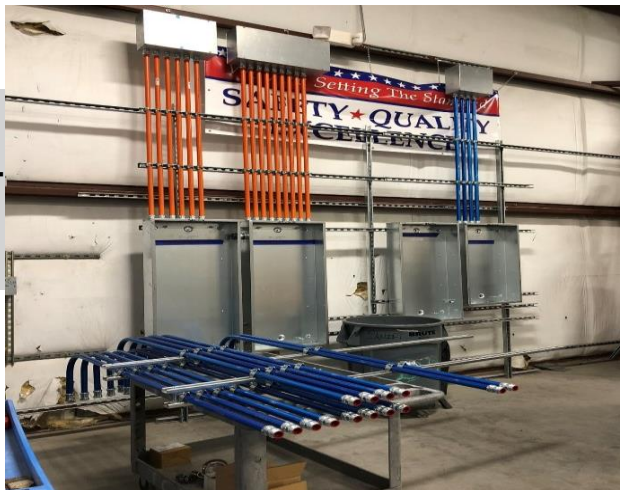
Pre-wired and mounted transformer and temporary assemblies - check



Fully assembled pre-wired lighting- yes, we can build that, too.



Fully assembled electrical rooms- check



| Prefab |

These are just a few of the services that our prefab group can provide. Drawing review with Cliff and RT is provided so that prefab can help in any way that helps you save time and material while reducing waste on your site...all with the utmost safety. The service has been appreciated by many projects already and the feedback has been overwhelmingly positive, with comments like "Using prefab was the best decision I made on the project" and "Not only did they (pre-wired load centers) save us a lot of time on the jobsite, the owners QC personnel love them. They are very neatly done and they are amazed as to the equal looks and quality of each one". The prefabrication group is here to service whatever needs are best for our employee owners and are more than happy to guarantee savings on your next project.

More information is available by sending an email to prefaborders@tcelectric.com.

Hard Hat Challenge

Did you miss this months Trivia Tuesday Hard Hat Challenge question? Look out for our upcoming Hard Hat Challenge questions for an opportunity to win TCE merchandise!

What was the total footage of MC cable processed into whips and cut to length on our automatic whip machine in Tri-City's in-house prefab shop in the last 12 months?

Answer: 574,331 ft

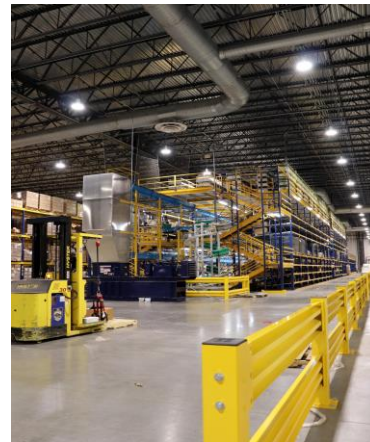
Congrats to winners Randy Mitchell & Tim Foust!

Did you know...

Processing that amount of MC cable on the automated machine has saved Tri-City 6,720 man-hours on projects and has reduced our clean up time by over an hour a day!

| Newly Awarded Projects |

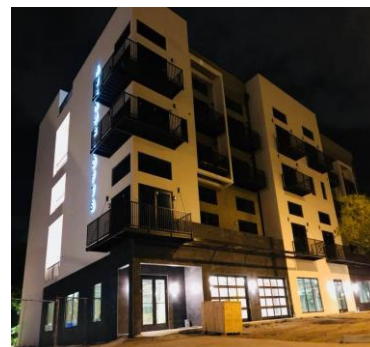
Project	Type	General Contractor	City
Advent Health CEP Roof Revisions	Healthcare	Brasfield & Gorrie	Winter Park
Apple Store	Commercial	Whiting-Turner Contracting Company	Altamonte Springs
Bainbridge at Campus Circle Apartments	Multi-Family	Bainbridge Construction, LLC.	Gainesville
Bridgewater Clubhouse	Clubhouse	Ovida Construction	Melbourne
Crosstown Commons III	Multi-Family	CBG Florida Builders	Pinellas Park
Fish Memorial Bed Tower	Healthcare	Brasfield & Gorrie	Orlando
Four Seasons Room Renovation	Renovation	First Finish	Palm Beach
Gaylord Palms Expansion	Addition	DF Chase, Inc	Kissimmee
Hyde House	Build Out	Williams Company	Tampa
Integra Dunes Apartments	Multi-Family	RBK3, LLC. dba Roger B Kennedy Construction	Lake Mary
Lake Monroe Apartments	Multi-Family	The Spanos Corporation	Sanford
Long Lake Gardens Apartments	Multi-Family	DBM Construction	Lakeland
Morton Plant North Bay Hospital	Generator Addition	Wehr Construction	New Port Richey
Oasis at Cypress Woods Apartments	Multi-Family	Picerne Development	Fort Myers
Olea at Viera Apartments	Multi-Family	LandSouth Construction	Melbourne
Preserve at Sabel Park	Multi-Family	NDC Construction	Tampa
Regency Gardens	Multi-Family	Community Construction Group	Pompano
Sickles High School	Renovation	Williams Company	Tampa
Tioga at Town Center Apartments	Multi-Family	First Florida	Newberry
University Grove Apartments	Multi-Family	Landsouth Construction	Sarasota



LeeSar



Apple Store



Avenue Lofts

| Recently Completed Projects |

Project	Type	General Contractor	City
Advent Health Command Center	Healthcare	Brasfield & Gorrie	Orlando
Avenue Lofts	Multi-Family	Mainstay Construction	Tampa
FGCU Phase 2	Student Housing	Suffolk	Ft Myers
Florida Hospital (AdventHealth) Cath Lab	Healthcare	Brasfield & Gorrie	Orlando
Lake Nona Parcel 10A	Model Rooms	PCL	Orlando
LeeSar Expansion	Expansion	Deanglis Diamond	Ft Myers
Madico Phase 1	Manufacturing	Walbridge	Pinellas Park
Madico Phase 2	Service	Walbridge Aldinger Construction	St. Petersburg
Project 89	Model Rooms	Balfour Beatty Construction	Orlando
Tempo	Multi-Family	Kast Construction	Tampa



FGCU

| Altamonte Project Updates |

FL Hospital (now AdventHealth) Cath Lab was completed this Spring with Brasfield & Gorrie. The Estimators for this project were Andy Burger, Troy Chroniger, and Gregory Evans. The Project Manager was Steve Egloff and the Superintendent was Cristobal Suarez.

...

AdventHealth Command Center was completed recently with Brasfield & Gorrie. The Estimators for this project were Troy Chroniger, Andy Burger, and Greg Evans. The Project Manager was Steve Egloff and the Superintendent was Cristobal Suarez.

...

Lake Nona Parcel 10A Model Rooms are near completion with PCL. The Estimating team was Rusty Hicks and Gordon Pinner. The Project Manager is Miguel Bas and the Superintendent is Felix Navarro.

...

Project 89 - DVC Model Room is close to completion with Balfour Beatty Construction. The Estimator for this project was Dennis Jones. The Project Managers are Orlando Suarez and the Superintendent is Felix Navarro, Jr. June 2019 is the anticipated completion date for this project.

| Tampa Project Updates |

The Sanctuary at Alexandria Place has begun with Plaza construction on beautiful Bayshore Blvd. The project is an 18-story high end condo and slated to be completed in late 2020. The project team consists of Damien Karecki, Superintendent, John Taylor, SPM, Mark Mekhirunsiri, PM and Tim Adams, Estimator.

...

At Morton Plant North Bay Hospital we are doing a hospital renovation and generator addition for Wehr Construction in New Port Richey. This is our first project with Wehr Construction in Tampa. Billy Ray Clark is the Superintendent and John Taylor and Mark Mekhirunsiri are the Project Managers.

Fish Memorial Bed Tower is underway with Brasfield & Gorrie. The Estimating team consisted of Troy Chroniger, Andy Burger, Greg Evans, and Alicia Smith. The Project Manager is Steve Egloff and the Superintendent is Wade Martin. The anticipated completion date for this AdventHealth project is September 2020.

...

Gaylord Palms Expansion is underway with DF Chase, Inc. The Estimating team consisted of John Stansel, Lambert Malone, Rusty Hicks, Gordon Pinner, and Jeff Neidich. The Project Managers are Rick Patrick and David Camacho and the Superintendents are Grant Bergeron and Duane Blakeman. The anticipated completion date for this design assist project is May 2021.

| South Atlantic Project Updates |

FGCU Phase 2 is 100% complete and was wrapped up about a month ago. Phase 3 will be awarded and begin soon. Michael Quirola was the on site Project Manager and John Fabrizio was the Superintendent.

...

The LeeSar expansion is wrapping up in Ft. Myers. The project was run by Southwest Service Manager Matt Malszycki and Superintendent Kerry Wurster.

...

Moorings Park is about 45% complete. Floors 4 and 5 are being roughed in now in all 3 buildings. We will begin trim work in early July. Michael Quirola is the Project Manager and John Fabrizio is the Superintendent.

...

West Side Regional Medical enter AHU/RTU replacements just began in mid-June. We are scheduled to complete the project in September. The project team consists of Joe Leo, PM, and Tim Pierson, Superintendent.

...

The Hyatt in Downtown Tampa, while off to a slow start, has begun! The project team consists of Eric Cross, Senior Project Manager, Philip Borruso-Assistant Project Manager, Kyle Rothemich, Superintendent. The job is slated to be completed in January of 2021.

...

More venue's have begun at the Hard Rock Hotel and Casino Tampa. The Coffee Bar, Food Court Renovation, Lucky Street Offices, Lucky Street Kitchen and Italian Restaurant are in full swing and all slated to be completed by September 2019.

Apple Store - Altamonte Springs has begun with Whiting-Turner Contracting Company. The Estimators were Dennis Jones and Tim Adams. The Project Manager is Bob Winterhalter and the Superintendent is Riley Reeves. The completion date is July 2019.

...

AdventHealth winter Park CEP Roof Revisions 18 & 20 are beginning with Brasfield & Gorrie. The Estimating team for both projects consisted of Troy Chroniger, Andy Burger, Greg Evans, and Alicia Smith. The Project Manager is David Sweat and the Superintendent is Ted Stanton. Completion is scheduled for August 2019.

JFK Bed Tower Expansion is scheduled to be completed in August. We are currently finishing up trim. Joe Leo/Shawn Paleveda are the Project Managers and Kevin Chamberlin is the General Superintendent.

...

JFK ED Renovation is scheduled to be completed in November. We are currently investigating the existing conditions. The project team consists of Joe Leo, Shawn Paleveda and Kevin Chamberlin.

...

USPI Surgical Center is scheduled to be completed in November. We are currently in the roughing stage. Joe Leo and Shawn Paleveda are the Project Managers and Jim Levitz is the Superintendent.

Hyde House in Hyde Park Village is underway with Williams Company. Currently the project team is roughing the walls. The job is set to be completed by November 18th, 2019. Phil Borruso is the Project Manager and Kyle Rothemich is the Superintendent.

Watch for Y'Otta the Safety Otter goodies to be given out as prizes for the 3rd Annual Charles J. Eidel Safety Month in July!



| Social Scene |



| Build Tampa Bay 2019 |



| Excellence in Construction Awards - 2019 Tampa |



| Social Scene |



Red Nose Day is a campaign with the mission to end child poverty by funding programs that keep children safe, healthy, and educated. Through the power of entertainment, they bring people together to laugh and have fun, all while raising life-changing cash for the children that need it the most. To date, this campaign has positively impacted over 16 million children in America, and around the world.

Thank you to all our Tampa Division employees who came out to support our bowling events in June: ABC'S Young Professional Bowling Night and Plaza Constructors Charity Bowling benefiting Big Brothers Big Sisters of Tampa Bay.



| Employee Spotlight |



| Milena Cruz | Project Manager

What was your first job?

My first job was at age 14 where I started a little part-time job, while attending school, with a property management company. I was fortunate enough to gain the trust of many at the company and was able to work myself up to becoming one of the youngest property managers. So my little part-time job turned into a really nice 15 year journey where I gained a great deal of knowledge that has helped me in my career today.

How long have you been with Tri-City? I have been with Tri-City for almost 3 years now and am hoping for many more years to come!

What do you like best about Tri-City? Although I have not been with the company long; I have had the pleasure of working with such great people that enjoy what they do and are always able to lend a helping hand. I would stay short when I say that Tri-City has many humble and wonderful human beings.



| Philip Borruso | Assistant Project Manager

How long have you been with Tri-City? I started Tri-City and went through the apprenticeship back in 1997. After I completed my apprenticeship (2001) I moved up north for a while. I returned to Florida and TCE in 2016

What advice would you give someone looking to advance their career? The advice that I would give someone looking to advance their career would be to set a goal and stay focused. Today there are so many distractions, whether it is family, work, or just life in general. Each one of us is in charge of our own future, our individual decisions define our character and our future. Set a goal, work hard, and stick with it.

What do you like most about working for TCE? Even though we have 900+ employees you still feel important, not just like a number. With my new role as APM I have so many questions on a daily basis and I am lucky enough to be surrounded by a great supporting team that will always go out of their way to help. I think that Tri-City is a great company for anyone that wants a long-term position with a company that gives so much back to their employees.

Dan Larrabee started with Regency Electric as a helper in 1994. He went on to finish FEAT and his first job completed was Celebration Hospital. Regency, along with Tri-City, became part of the roll-up that was Encompass Electrical Technologies—FL in 2000 (which was reacquired as Tri-City in early 2003) Dan was quickly promoted to a superintendent in the Special Projects Department.

Dan was a superintendent for 15 years. He led the solar installation at Darden Restaurant for which he won an ABC Eagle Award. He also ran the Contemporary Hotel job and won the Tri-City Craftsmanship Award.

Dan was then promoted to General Superintendent and was in that position for one year.

He has now moved up to Project Manager, where he now manages demand service and manpower.

Dan has been married for 17 years and has two children.



| Dan Larrabee |
Project Manager

| Meet our Executives and Managers |

What's your favorite Netflix/Hulu/TV binge watch show?

- Dexter -CL Janeski
- Game of Thrones -Kay Fishel
- Madmen -Kim Richmond
- Star Trek -Tom Pritchard
- Anything Marvel related- Daredevil, Jessica Jones, The Punisher, Luke Cage, etc. -Cheryl Lulli
- Deadwood (Western) and House of Cards -Mike Germana
- After Life -Jack Olmstead
- I record Jeopardy all week and watch all 5 shows on Friday night. -Cindy Bargo
- None- I have broken up with TV. -Jim McKenzie
- CSI: Miami -Chris Sydlowski
- Stranger Things -Robert Kissick
- Law and Order- my guilty pleasure! -Jane Hodges
- I binge watched Shameless, Punisher, and currently the Marvel Defenders episodes of Luke Cage, Jessica Jones, Daredevil and Iron Fist in order recommended by Marvel fans, after which I will watch the Defender episodes. Marvel is my favorite comics. -Donita Johnson

What did you want to be when you were a kid??

- Motocross rider -CL Janeski
- A computer Programmer -Robert Kissick
- Race car driver -Tom Pritchard
- To work in an office like my dad did. -Cindy Bargo
- Astronaut -Kim Richmond
- A pilot -Mike Germana
- Indiana State Trooper -Jack Olmstead
- NFL Quarterback -Chris Sydlowski
- Stewardess -Cheryl Lulli
- Talk show host -Natasha Washburn
- I wanted to be a veterinarian, until I realized I'd have to operate on animals and sometimes put them down. -Kay Fishel
- A Doctor -Jim McKenzie
- I wanted to write The Great American Novel. -Jane Hodges

Favorite Florida vacation spot?

- My backyard -CL Janeski
- St. George Island -Cindy Bargo
- Jacks Day Spa -Robert Kissick
- Homosassa Springs -Rance Borderick
- Amelia Island -Kim Richmond
- The St. Pete beaches are great! -Kay Fishel
- Coconut Grove, Miami -Jim McKenzie
- Disney World! -Natasha Washburn
- Anywhere there is a beach! -Cheryl Lulli
- St. Augustine -Jack Olmstead
- Amelia Island -Jane Hodges
- I do not have a favorite Florida vacation spot but my favorite outside of Florida is St. George's, Granada. -Chris Sydlowski
- Boca Grande -Mike Germana



| Congratulations Graduates |

Congratulations to our graduates from FEAT in 2019!

Ariel Gonzalez (Commercial)
Binyam Worku (Commercial)
James Wilson (Service)
Jean Constant (Commercial)
Jean Saint Felix (Commercial)
Jeffrey Hynes (Service)
Mathew von der Heyde (Residential)
Micael Belhomme (Commercial)
Noel Ojeda (Multi-Family)
Paul Mansingh (Commercial)
Samuel Gonzalez (Residential)
Thomas Shuler, III (Commercial)

Double congrats to Jean Constant and Binyam Worku, who had perfect attendance for all four years of apprenticeship school!

Congratulations to our graduates from ABC Apprenticeship Graduates of 2019!

D'Andre Cromartie
Jacob Schultz
Kenny Nonnenberg
Taylor Johnson
Timmy Adams-Beman
Michael Quirola
Joey Royal

Congratulations Lenin Juarez Uzcategui- 1st year, Apprentice of the Year Award



Lenin Uzcategui



Joey Royal



Michael Quirola

Safe Driver Awards

Congratulations to the following employees for being the 10 Safest Drivers in the company!

Johnathan Lopez – 440
Gary Sackett – 300
Kenneth Bertotti- 300
Derrick Spillman – 500
Brian Scott- 300
John Gaspar- 170
Ted Kinsey – 100
Bill Billups – 100
Rolando Millares – 160
Kenrick Whittaker - 500

| This is Why I Work Safe |



"There are 12 months, 52 weeks, 365 days, 8760 hours, 525,600 minutes and 31,536,000 seconds in a year. I don't want any of us to miss any of this time because we failed to preform our job safely. Time and life are precious and we can't get either of them back. This is why I work with safety always in mind."

-Kevin Chamberlin
General Superintendent
South Atlantic Tri-City

Why do you work safe?

Send your photo and quote to Social.Media@tcelectric.com

| Wellness Corner |

Cancer Screening Guide for Guys

Busy men tend to put off checkups, especially if they feel fine. But that can be a serious mistake when it comes to health.

Men's Health Month in June is an opportunity to learn more about the prevention, detection and treatment of diseases affecting men. Learning more can be lifesaving—especially when it comes to protection from cancer.

Case in point: Prostate cancer is the most common type of malignancy in men (besides skin cancer) and it's the second leading cause of cancer deaths in American men after lung cancer. But there's good news from the American Cancer Society: The 5-year survival rate for non-spreading prostate cancer is nearly 100%.

Prostate exams: Do men need regular prostate cancer screenings if they have no symptoms or elevated risk for prostate cancer? The ACS advises all men to talk with their health care providers about prostate screening based on age and personal risks, if they're in the following groups:

Men age 40 are the highest risk for the disease if they have more than one first degree relative (a father or brother) who had prostate cancer at an early age

Men age 45 are at elevated risk if African American and/or having a father, brother or son diagnosed with the disease at younger than 65.

Men age 50 are at average risk for prostate cancer and who are expected to live at least another decade.

PSA test: For example, a PSA of less than 2.5 ng/mL typically is repeated every 2 years, while a higher PSA level should be tested yearly, according to the ACS.

The ACS emphasizes health status and age because prostate cancer usually grows slowly and if a man is seriously ill and not expected to live for another 10 years, cancer screening and treatment may not be indicated.

Prostate cancer screening involves a prostate-specific antigen (PSA) blood test and often a digital rectal exam. If no cancer is found, future screenings may be scheduled depending on the results of the PSA test. For example, a PSA of less than 2.5 ng/mL typically is repeated every 2 years, while a higher PSA level should be tested yearly, according to the ACS.

What other cancer screenings do men need?

Colorectal cancer is highly preventable with regular exams, such as a colonoscopy or fecal DNA test, to find and remove pre-cancerous polyps. The ACS recommends men begin colorectal screening at age 45 or earlier if they have risks, such as a family history of colorectal cancer.

Talk to your provider about other cancer screenings, including skin cancer checks. Lung cancer screenings for smokers and others at high risk increases the chances of effective treatment. Inform your provider immediately if you have lung-related symptoms, including a persistent cough, rust-colored sputum and pain with deep breaths.

Just a reminder...

In 2019, our Dental and Vision Insurance have both switched to MetLife. To make sure we are keeping prices as low as possible, no cards were issued. Please save the info below for your records:

Provider: METLIFE

Phone: 1-800-438-6388

Group/Policy Number: 5954869

www.metlife.com/mybenefit

Did you know..

| Safety - Beating the Heat |

The summer heat has arrived, and we can expect more and worse! We need to think about working in heat and high humidity. Exposure to these conditions can make people sick and, in some cases, even cause death. Everyone reacts differently to heat but we all need to know how to recognize and treat heat emergencies.

Normally the body cools itself by sweating and when the sweat evaporates, it cools the body. When the outside temperature is equal to or above the temperature of the body and the humidity is high, our sweat does not evaporate, so our natural cooling mechanism is compromised and the body can overheat.

Heat emergencies fall into three different categories:

HEAT CRAMPS cause painful spasms of the leg and stomach muscles resulting from loss of fluids and salt from sweating. Treatment is simple: massage the cramped muscles and drink fluids.

HEAT EXHAUSTION - the skin will be cold, pale and clammy from perspiration. People suffering from heat exhaustion may feel fatigue, nausea and have a headache; they may also feel weak and faint. Treatment - move victims to a cooler place and lay them down with their feet elevated. Have them drink small amounts of fluids at frequent intervals. Medical follow-up may be advisable.

HEAT STROKE is the most serious and potentially deadly heat emergency. The body's regulating system malfunctions, resulting in lack of sweating. Heat stroke is a medical emergency and requires immediate treatment by a doctor. Symptoms include mental confusion; the victim may stagger or even lapse into unconsciousness. **The skin will be dry, hot and flushed. THEY WILL NOT BE SWEATING, THEY HAVE NO WATER IN THEM.** Treatment - call an ambulance or nearest medical responder immediately. Move victims to a cooler place and lay them down with the head elevated. Sponge with cool water until help arrives. **YOU CAN PLACE A COLD WATER BOTTLE IN THEIR ARMPITS AND BETWEEN THEIR LEGS.**

Here are some basic things we can do to prevent heat emergencies and make it easier for our bodies to handle the heat and humidity:

- Get a good night's sleep
- Eat moderately on hot days but be sure to eat something
- Wear loose fitting, lightweight clothing

- Drink plenty of cool water
- Alcohol, energy drinks, high caffeine drinks like coffee and soda are not recommended, as they pull water out of you.
- Eating a banana a day helps some people to deal better with the heat.
- Take your breaks and lunch in the shade.
- If you are working decks, roofs, or underground, ask for hardhat shades, sweat bands, and cooling towels.
- Have a required shade pavilion set up over the water kegs to give relief from the sun.
- Drink some water several times during the hour. Some studies suggest you need about a 1/4 cup per hour to stay even. Once you start to feel thirsty, it is probably too late to catch up to your body's need for water.
- Even some prescription drugs may affect your tolerance to heat. Some people on high blood pressure medicine or diabetes medicine can be affected by high heat and humidity and have serious issues on the jobsite.
- Get acclimatized to the heat. Think about your body moving from a job where we have been finishing up in air conditioning and going directly into a hot summer sun; this situation can make anyone heat sick. It takes at least 2 weeks to get used to working in direct sunlight. Let your supervisor know if you have been working in air conditioning and are moving to a high heat situation.
- Older workers take longer to get used to the sun and are more susceptible to heat illness.

You can monitor your own hydration: Pinch the back of your hand when you have not been exposed to heat for a while and watch how quickly your skin snaps back into place. Then you can compare that to how you do in the heat. **The slower your skin snaps back, the less water you have in your system. In addition, look at your urine: clear urine indicates a proper hydration state; as the urine turns yellow it shows you need more water.**

Follow these guidelines and avoid this serious injury potential. The free OSHA Heat Safety Tool App gives you an hour by hour heat warnings; it also has first aid responses and helps you figure out what is wrong. Put it on your phone and learn how to use it. It is very simple. <https://apps.apple.com/us/app/osha-niosh-heat-safety-tool/id1239425102>

Never ignore the symptoms of heat illness in yourself or a co-worker. Get help immediately! Get out of the sun, cool down, and call 911 if it is a serious event! **NEVER LEAVE ANYONE ALONE TO RECOVER.**

| It's Time for a New Adventure |

Three long term and valued Altamonte employees retired this spring:

Liz Marshe started with Tri-City in 1988 and came to be known as the “Voice of Tri-City” as she handled the front desk with poise and professionalism. Liz is looking forward to spending time with her grandchildren, traveling and volunteering and she plans on remaining active in the Tri-City book club, On The Same Page. We will miss her friendly smile and that wonderful telephone voice but wish her much happiness as she starts this exciting new adventure in her life.



Liz Marshe

Carolyn Morgan has worked for Rance Borderick since she started with the company in 1993. “It’s the people I will miss the most, employees and customers,” she says but is looking forward to “seeing Florida on a tankful” and spending more time with her family and having the choice to do what she wants after that first cup of coffee in the morning. We will miss Carolyn and her accumulated knowledge and expect that retirement will be anything but leisurely for her! 21392



Carolyn Morgan

Commercial General Superintendent **Rick Walt** started with Tri-City in 1983 and played a major part as superintendent or general superintendent in many projects in Central Florida: The Four Seasons Hotel, Shingle Creek Resort, Omni at Champions Gate, Orlando Hilton Convention Center, Orlando VA, Orange County Convention Center and, most recently, Universal Project 942. Rick was respected by all levels of personnel for his leadership, knowledge, calm demeanor and concern for all who worked with him. Rick was the recipient of the Charles J. Eidel Safety Award in 2005.



Rick Walt

| ESOP Update |

Statements are expected to be mailed to employee owners' homes sometime in July. Please be on the lookout for notices about meetings at all divisions to discuss the statements and answer any questions employee owners might have.

| Flashback Photos |

A big shout out to those who submitted Tri-City Electrical Contractors Inc. photos to our social media team!

This issue's winner of TCE Merchandise is:

Damien Karecki, Superintendent- Tampa



Flashback photos submitted by
General Superintendent - Randy
Mitchell.



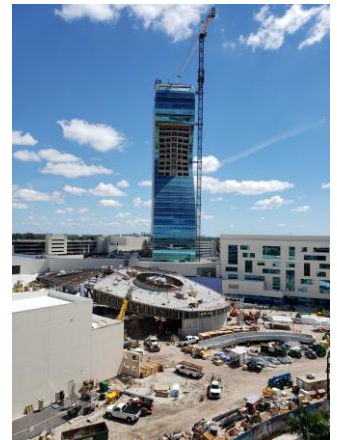
“Team Work”
submitted by
Superintendent -
Damien Karecki.

The NBA Experience project team at
Disney Springs are continuing to slam
dunk for team Tri-City!

Orlando Suarez- PM
Duane Blakeman- General
Superintendent
Mike Nelson- Superintendent



“Views of the Hard Rock Tampa &
Hollywood.” Submitted by Jerry
Baughman, Mark Mekhirunsiri, and
Robert Kissick.



Submit your project photos to
Social.Media@tcelectric.com
for a chance to win TCE
Merchandise in our next issue
of the WattsLine! 6788

Don't forget to send in your
future electrician and wedding
announcements!

| New Hires |

Brandon Rodriguez, HR Recruiter
Christopher Scott Cassady, Fire Systems Service Tech
David Washington Jr, Superintendent
James Kvidera, Superintendent
Jenray Lopez, Network Services Installer
Jorge Gerardi, Material Expediter- Warehouse
Kristi Wilson, Administrative Assistant
Luis Gonzalez-Diaz, Assistant Project Manager
Marilyn Guthrie, Administrative Assistant
Nelson Krantz, Superintendent
Robert Hearne, Superintendent
Robert Wilson, Network Service Installer

| Future Electricians |



Jack was born to Regina and Randy Jamieson on November 9, 2018.



Beautiful Sophie Ann Maughan was born on April 22 at 7:47pm at 19.25", 6.12lbs to Tyler Maughan and his wife.



430 West Drive, Altamonte Springs, FL 32714

**To Do More Than
Expected**

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News to Share?

Do you have a special announcement to share with the company – wedding, engagement, birth of a child? Send the happy news to social.media@tcelectric.com for the next edition of the WattsLine.



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