

November

B-DAY Shout-Outs

Ismael Hernandez-----11/03

Israel Valles J.-----11/08

Mario Fraire-----11/08

Sergio Magallanes-----11/08

Zoilo Soto-----11/09

Ray Cervantes M. ----- 11/14

Noel Torres-----11/15

Carrillo, Hector A. ----- 11/28

Esteban Arreola-----11/28

Anniversary Shout-Outs

Amparan, Jose J.-----2yr

Valles, Valentin R. ----- 6yrs

Underwood, Gabriela Z. ----- 17yrs

This is to advise of the holiday schedule we will be following for 2021. The office will be closed on the following days.

November 24th- half day

November 25th - 26th - closed

Welcome November

New month, new chapter, new page
And new wishes.

May the month give you courage, strength,
Confidence, patience, self-love & inner peace.
May everyday in November fill your days with
Hope, love, sunshine and energy.
Let there be Joy, Fun and Laughter.

AFTER YOUR 1ST ANNIVERSARY WITH C&E
YOU ARE ELIGIBLE FOR 1 WEEK VACATION,
AFTER YOUR 5TH ANNIVERSARY YOU ARE
ELIGIBLE FOR 2 WEEK VACATION,
AFTER YOUR 10TH ANNIVERSARY YOU ARE
ELIGIBLE FOR 3 WEEK VACATION!! =)



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It is my prayer that God will *comfort* you and your whole family during this sad time. May he richly bless you as you mourn, and may the light of His presence be a continual source of *consolation*.

From:
The Valles & Hernandez
Family



THANK YOU

We are deeply grateful for your
kindness and sympathy
during our time of loss



Words will not wipe
away your tears and hugs
may not ease the pain
but hold onto your
memories because forever
they will remain.



Human Resource: Linda Chavez

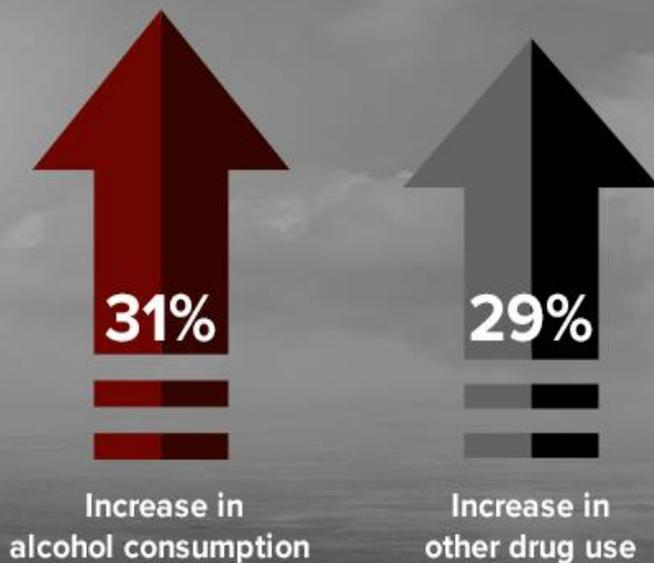
A Growing Problem

The COVID-19 pandemic began to push conversations about SUDs into the open as drug and alcohol use, along with deaths from overdoses, soared. Loneliness, confusion and unemployment caused more people to either start using or increase their use of drugs or alcohol at a time when treatment centers and support groups were shuttered due to the public health crisis.

Nearly one-third of people in the U.S. who drink alcohol have increased their consumption since the pandemic began, according to a May study by LifeWorks and the Hazelden Betty Ford Foundation. Nearly 30 percent who use drugs reported an increase in that activity. Meanwhile, the Centers for Disease Control and Prevention said deaths from overdoses rose 27 percent in the 12 months ending in August 2020 over the prior 12-month period.

A GROWING PROBLEM

A recent study revealed that close to one-third of U.S. respondents who use alcohol or other drugs reported an increase in usage during the pandemic.



Source: *The Mental Health Index* by LifeWorks, May 2021.

The dramatic rise pushed some companies to explore new ways, ranging from old-school to high-tech, of tackling the disorder. One union is hosting onsite AA meetings for the first time, and a construction company is installing boxes containing naloxone injections that can be used to reverse the effects of an opioid overdose. Medical benefits are being added or bolstered as companies put more pressure on their insurers to provide efficacious, cost-effective treatment for substance abuse. There's also a growing interest in the plethora of digital companies that offer online tools as alternatives to or support for more traditional treatments, such as a stay at a residential facility.

October is National Substance Abuse Prevention Month and finding new and better ways to treat SUDs is more critical than ever, as no one expects the problem to subside, and it may well worsen—at least in the near term. Many treatment programs are still not fully functional as the pandemic endures, and insurers have reported challenges in finding patient care. Plus, as remote and hybrid work become more common, employers must find new ways to spot addiction.

QC: Roy Zumwalt

NDT: The Unsung Hero Set for a Starring Role in the Future of Industry

When we board a train, cross a bridge or enter a shopping mall, we rarely stop to worry whether the structure is sound. Thanks to the inspection industry, we now take safety for granted.

Nondestructive testing (NDT) is the 'unsung hero' of the modern world, only coming into the limelight when there is a high-profile failure such as an air crash or a fairground ride accident.

NDT and the associated disciplines of structural health monitoring (SHM) and condition monitoring (CM) not only enhance safety—they can also reduce costs and improve performance. NDT can determine if a component is performing its required structural role through in-service inspections, help prove it at the design stage (certification), ensure manufacturing conformance to design (process control and quality control) and reduce risk to allow more efficient structural designs.

Looking to the future, NDT will have an even bigger role to play. NDT will make greener air, land and sea travel possible and affordable by increasing confidence in structural design, allowing lightweight structures and reducing fuel consumption.

Despite its critical role it has played in industry and in our daily lives, NDT has traditionally operated behind the scenes. Perhaps it is now time for it to come into the spotlight.



Quality Control : Roy Zumwalt

“There comes a time when people get tired of being pushed out of the glittering sunlight of life’s July and left standing amid the piercing chill of an alpine November.”

—MARTIN LUTHER KING, JR.



Safety: Daniel Hernandez & Antonio Marrufo

SAFETY

Fire Prevention and Control



Housekeeping is important in reducing the potential for fire.

Fire Extinguishers can be put anywhere you feel that they are needed, so long as they are in a bracket and have the proper signage.



In a class B fire, the fuel is usually a liquid or a gas such as kerosene.

Report all fires and fire hazards immediately
Keep fire lanes open and unobstructed
Respect smoking restrictions
Properly maintain all mechanical equipment
Practice good housekeeping
Bond or ground when there is the possibility of static electricity
Store all flammable liquids in fireproof cabinets, safes, paint lockers or properly designed storage containers

For a fire to occur, three elements must be present Heat, Oxygen, and Fuel.

In order to put out the fire you must remove ONE of the three elements of the fire.

Gas can only be stored in an OSHA approved container

Sometimes it is safest to evacuate rather than fight the fire

A class "A" Fire Extinguisher is used to put out wood and paper fire and can also be used on combustible liquids such as gas.

PASS is used to help remember how to use a Fire Extinguisher.

Routinely inspect fire fighting equipment
Be familiar with the on-site fire protection
Observe all precautions and procedures
Participate in regular site-specific fire drills
Be aware of location and position of fire doors or exits
Know the Emergency Evacuation

By: Daniel Hernandez and Antonio Marrufo

