

DUNKIN & BUSH WINS SECOND GOSH AWARD!!

SAFETY STUFF

By Rex Bison

Dunkin & Bush, Inc. has been recognized for outstanding safety performance. The Company has been named recipient of the **2002 Alaska Governor's**

Safety Award for the performance of our **Alyeska Pipeline** Work Group. In addition, the Painting and Decorating Contractors of America (PDCA) has awarded the Company its **Gold Safety Award** for our 2002 safety performance.

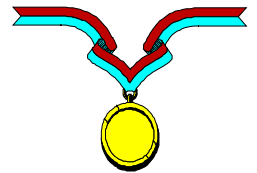
In 2002 **Dunkin & Bush's Alyeska Crew** averaged 30 employees working in excess of 30,000 safe hours between April and October. Projects completed for Alyeska included lining tanks at Pump Stations #1 and #4, and lining tanks, interior piping and painting structural steel at the Valdez Marine Terminal. Superintendent **Rich Loftin** and his crew successfully faced enormous potential hazards associated with industrial painting during the 2002 work season. These included working at heights, in confined spaces, abrasive blasting, lead paint removal, application of highly specialized and potentially volatile paints and coatings while working



multiple shifts, long hours, weekends and even holidays, all without anyone getting hurt.

PDCA has recognized Dunkin & Bush eight times since it first launched its **National Safety Excellence** of those years and again for our 2002 performance. All of our employees should feel proud of these accomplishments.

Rich Loftin, Rick Bear and **Scott Faupel** were recently named Dunkin & Bush's "**Safe Supers**" for 2002 with **Scott** taking the top spot a record third time! **Rich** was recognized primarily for his aforementioned success in Alaska. **Rick Bear** supervised projects throughout Oregon and Washington including **Boise Cascade** in Wallula and St. Helens, **Columbia River Carbonates**, **Tosco** Portland, **ConocoPhillips** Portland and lent invaluable assistance to **Jimmy Lusk** at some very large shutdowns at **Weyerhaeuser Springfield**. Under **Scott's** supervision, our crew at **ConocoPhillips' Ferndale Refinery** has worked over 10 years without a recordable injury. Great job guys! All of our supervisors deserve an honorable mention as we had one of our safest years ever and did not have a lost time injury in 2002.

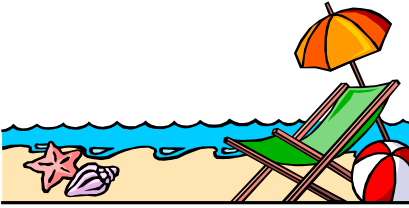


CONTACT INFORMATION

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TOM'S NEWS

Dunkin & Bush is now international! As you all have heard by now, our maintenance contract at Coastal Aruba Refinery in Aruba is in full swing – we have over 50 men and women working there now. **Seth Jeretzky** has moved there to handle the project management and **Dan Clements**, handling the superintendent duties has moved as well. We're fortunate to have both of them on the island looking after this large, important project. We're equally fortunate to have **Jim Ward** there taking care of



a related project in the refinery. Both **Seth** and **Dan** were accompanied by their wives and in addition to helping out on our work there; **Stormy** and **Julie** (I'm told) are getting in a little beach time. This large project has added a tremendous amount of extra work on the shop and office and I want to thank everyone for pitching in with the little extra effort which will make this project a success. For example, **Deidre Dunkin** and **Rex Bison** are in Aruba now in support roles and **Matt North** has just returned – all of this travel/work on top of their regular responsibilities.

This is going to be an interesting year from a logistical/geographical point of view. At this writing, we are working (or soon will be) in Prudhoe Bay (can't get any farther north), Kenai (several sites), and Valdez, Alaska, all over Washington and Oregon, California, Colorado and Hawaii. North, South, East and West we have the Western part of the United States covered!! We are very excited about our new office in Los Angeles. We have several large customers there and think the Dunkin and Bush way of doing business will make us successful in that region. We are equally excited about our three-year contract with Coors in Colorado. All of our managers have done a great job in securing work for us this year in all these regions. **Mark Rondeau**, **Marty Horgan**, **Pete Weese** and **Don Hovde** all get well-deserved accolades.

We have a several new employees and I'm sure they will be talked about more fully in another part of the newsletter, but I want to personally welcome **Ralph Gabrielli** our new Office Manager in Portland and **Diane Simplot** our new Admin Assistant in Bellingham to Dunkin and Bush. Additionally, we've added **Todd Speakman** (Portland Superintendent, **Rich Speakman's** son) as an intern Estimator/Project Manager in the Redmond office while he completes his degree at the U of W. Welcome all!

I haven't given my usual, "gosh, we're busy" speech because I think you all know it already. This is going to be an incredibly busy year and we are actively recruiting for all offices and jobsites. Spread the word and don't forget the "bounty" system is still in effect.

Start planning for our second annual Mariner's Day summer "picnic". It will be on July 27th. Also, the Eighth annual D&B Golf Tournament is scheduled for August 9th. Mark your calendars!!

MARK'S BUSINESS DEVELOPMENT TRAVELS



Travel Itinerary

- * **2345 Walnut Avenue Signal Hill, California**
Help set up new Dunkin & Bush Southern California Regional Office. Set date and time for open house. Spread the good news D&B is now in California to service our many good customers in the area.
- * **Anchorage, Alaska**
Accompany Marty Horgan, Rex Bison, Rich Loftin to Governor's OSHA Safety Award Presentation for State of Alaska. D&B has now received this prestigious award for safety excellence in both **Oregon** and **Alaska!**
- * **Kenai, Alaska**
Made a visit to our Regional Office and met many of our long time customers on the Kenai Peninsula (even saw a moose).

* **Wallula, Washington**

Visit our job site at Boise Paper Solutions. A very interesting project. The total rebuild of the #3 paper machine press section. The first time I have seen a press totally contained and prepared utilizing sponge blasting. The finish paint job is beautiful. Thanks everyone involved for all your hard work!

* **Spokane, Washington**

Scheduling meeting for up-coming tank lining projects for Eastern Washington and Montana.

* **Oroville, California**

De-leading and protective coatings projects at Hyatt Dam

* **Springfield, Oregon**

Successful completion of yet another large time sensitive shutdown at the Weyerhaeuser Containerboard facility. Everyone worked extremely hard to ensure a safe shutdown.

* **Albany, Oregon**

What's this? Forty D&B employees and no paint brushes! We helped ensure a safe shutdown at the Weyerhaeuser Albany Paper Mill by providing confined space attendants and crew bus drivers.

* **Millersburg, Oregon**

Just down the road from Weyerhaeuser's Albany Paper Mill is Weyerhaeuser's Duraflake facility. A large expansion project at this particle board producer has kept the D&B fire watch crews very busy.

It has been an exciting time indeed. New locations, new projects, many large shutdowns all have combined to make the past few months extremely busy.



Dunkin & Bush Celebrates 60 Years

In our spare time....we have been preparing for our 60th anniversary. For sixty years four generations of the Dunkin family have been protecting industrial assets through-out the West and Alaska. We have been busy on special

anniversary related projects for some time now. From new business cards and letterhead, special events, special advertising, to a short informative movie, we're getting ready to throw a party. "*Happy 60th D&B*"

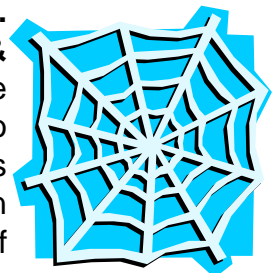
Dunkin & Bush Impact Movie

We are putting the finishing touches on an exciting new product to share with new customers and anyone interested in learning more about Dunkin & Bush. It's a three minute video that can be e-mailed directly to you or downloaded from a CD. In this interactive "*Impact Movie*" we talk about and show you information on our services, safety, and various capabilities. If you are interested in taking a look, E-mail me at mrondeau@dunkinandbush.com or give me a call at 503-285-0100 and I will send you a copy! "*Lights Camera Action*"

The Web We Weave...

By Martin Marino

Back in 1943, when **C.O. Dunkin** founded **Dunkin & Bush**, he couldn't wait to get the **D&B** website up and running to start generating new business and gaining name recognition across Alaska and the rest of the country. He knew that the internet was the up-and-coming information wave of the future and would revolutionize the way the world did business. The problem was...there weren't many web designers in 1943 that could accommodate his needs. Now unless your respirator straps are loose and the paint fumes have gone to your head, you've probably already figured out that we didn't even have personal computers back then...let alone the Internet and company websites!



Now fast forward 50 years to 1993 when **Dunkin & Bush** really did enter the Internet world featuring our current website at www.dunkinandbush.com. In speaking for **Tom** and everyone else that was involved in that initial effort, it's hard to believe that

it's already been 10 years, but over the last decade, very few changes have been made and now it's time for a new look!

This year marks **Dunkin & Bush's** 60th Anniversary and a year where many changes are taking place throughout the company. In addition to the new business cards, **Mark Rondeau's** Impact movie, and several other 60th Anniversary items to come, **Julie** and I have taken on the project of completely redesigning our company website.



Last month, after interviewing a handful of design firms, we chose a firm in Seattle to help us in accomplishing our goal of making a website that was informative to our existing customers, potential customers, and also our present and future employees. In addition to making it information rich, we wanted our website to have a fresh look and to stay that way, so we'll be spotlighting specific projects within the different industries on a rotating basis to keep the information new and more up to date than we've been able to in the past.

For our customers, we're planning to incorporate a separate customer area, complete with a secure login unique to each customer or site, which will provide them access to pictures and information directly related to some of the jobs we're working on for them. This unique tool will increase **Dunkin & Bush's** position as a front runner in the industrial services arena and should prove to be a valuable asset for our customers who choose to use it.

We're also working on implementing a similar system for our employees so we can disseminate company information en masse to our people, such as information regarding a company golf tournament, picnic, or social gathering. This can also serve as an information tool to answer many common questions about benefits or company policies and procedures.

Potential new employees, whether inquiring about an opening in one of our offices or a skilled position in the field, will be able to use the website as well. They'll have the new ability to submit a resume or job application online directly to our Human Resources department, streamlining the hiring operation for everyone involved.

As you can see, with all this new technology at our disposal, we're looking forward, we're headstrong, and we're forging the path to the next 60 years of **Dunkin & Bush** one mouse click at a time.

HORGAN'S HEROES

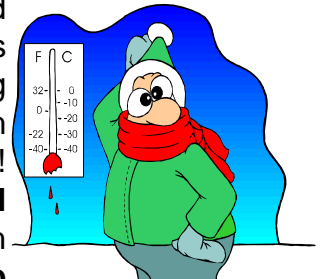
Congratulations Valdez Crew!

As most of you know, we have worked with **Alyeska Pipe Line Company** for some 23 years, from the North Slope 800 miles to Valdez, Alaska. In that time, we have had many achievements, now we can add winning the **Governor's Occupational Safety & Health Award** or GOSH to our Alyeska Work Group for the year 2002. This award speaks to the many hours of hard work that **Rich Loftin** and his crews have produced in a safe and efficient manner.

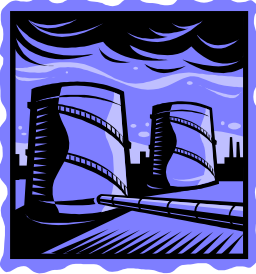
Speaking of **Rich Loftin**, as you read this, **Rich** is on his way to Valdez to start this seasons projects. He'll keep busy this year lining several tanks and coating a few exteriors as well as other exciting projects along the way, I'm sure his crew can't wait!

Aaron Weese and **Ron Bell** are doing their part with **Alyeska** as well, at **Pump**

Station One on the North Slope running dehumidification equipment for venting a recovered crude tank. **Aaron** just called and said the weather's great, 25 degrees with wind chill to -5.....nice.



Our sealing project at Prudhoe Bay for **Udelhoven Oilfield Services** has come to a close for the season. **Robert Gauss, Richard Harman and Ken Bitterich** traded two weeks on/off with **Wayne Denison, Chris Guthrie, and Frank Marotta** to complete the repair of fireproofing, MCC sealing and yes, drywall. Now that spring is just around the corner, it's time to find another place with beautiful weather.....



Robert Gauss will also be leading the way at Drift River for **Cook Inlet Pipeline Company**, refurbishing four 200' diameter crude oil storage tank roofs. Rob is no stranger to the facility, having worked there over six years. His crew will sound familiar: **Richard Harman, Ken Bitterich, Wayne Denison, Chris Guthrie, Frank Marotta, Dan Panamaroff and Nate Snyder** are anxious to start.

Udelhoven Oilfield Services in Nikiski, near our office location outside of Kenai, has kept **Travis Sullens** on his toes with help from **Wayne Denison** working various projects over the winter and into spring.

Charles Carter is gearing up on Malt House projects for **Jacobs Engineering** at the **Coors Brewing Co.** in Golden, Colorado. We have been working with Jacobs and Coors for several years and now will have another three years of projects ahead of us. We can't wait to get underway!

NEW VOICES, NEW FACES

We have two new office employees I'd like to tell you a little bit about. **Ralph Gabrielli**, Regional Office Manager in the Portland office started on March 31, 2003. **Ralph** was raised in upstate NY, then moved with his family to Nome AK for high school, later escaping to Linfield College in Oregon where he studied German, Spanish and Japanese languages, art, computer science and attended two

semesters at the University of Vienna (studying language, culture and politics) and then a six-week tropical marine ecology course in Bermuda. Both parents still live in Alaska; his mother lives in Nikiski.

Ralph's Oregon work history includes construction project support at the now-defunct PayLess Drug Stores Corp. office, construction scheduling and project support at Westwood Swinerton, disbursements and contract management at Walsh Construction Co. and receivables and contract management at Encompass NW.

Ralph and his wife, **Tonya** just celebrated their 6th wedding anniversary. They live 3 miles from the Portland office with their dog Logan, cat Sammy and Logan's cat Annatto. **Ralph** enjoys entertaining, cooking, traveling, drawing, biking, and yelling at neighborhood kids to get off of his lawn.

Diane Simplot, Administrative Assistant in the Bellingham office started on April 23, 2003. **Diane** was born in Jersey City, NJ and raised in Bellingham. **Diane** lived for 3 years in Howard AFB, Panama Canal, 7 years in Goldsboro, NC, and 1 year in Castro Valley, CA. **Diane** has an Associates Degree in Secretarial Administration. **Diane's** work history includes experience in the legal field with 5 years in Whatcom County District Court and 1 1/2 years in Personal Injury with Buckland and Schumm of Bellingham. **Diane** also has secretarial experience in the Air Emissions business and as accounts payable clerk for **Conoco Phillips**.

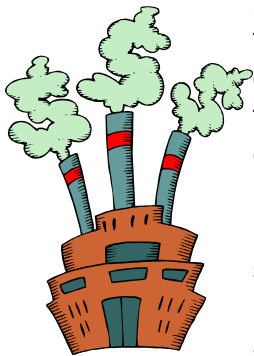
Diane's hobbies are bowling, reading, pets, gardening, NASCAR, and the Seahawks. She loves hot weather and beaches.



Please take a few minutes to introduce yourself to these folks. They both have a lot of experience and interesting backgrounds. I'm sure they'd love to hear from you!

SOUTHERN SPECS

Our last Southern Spec closed with a few shutdowns, so lets start this one with a few more shutdowns. We had shutdowns at **Weyerhaeuser's** Springfield and Albany Mills, and **Boise Paper's** Wallula and St. Helens Mills. As



you all are aware, shutdowns are time and schedule sensitive. Mill operations need to shut down or turn off equipment that generates income so that maintenance can be performed. Some shutdowns are relatively small requiring only a few people per shift or rather large requiring 50-60 people or more per shift.

Large or small it takes an organized effort to schedule equipment and personnel and procure the materials and supplies to achieve a successful project.

Weyerhaeuser Shutdowns:

Jimmy Lusk, Rich Speakman Doug Stinson, Alan White, Pat Fisher, Aubrey Haxby, Dan Elliott, Will Crosser and Matt Singler completed a small down of various tasks at the Springfield Mill.

Jimmy supervised another **Weyerhaeuser** shutdown at their Albany Paper Mill. This was a project of multitude operations including: confined space attendants, transportation services and painting of roof trusses. Over 50 people worked on this project and I would like to take this opportunity to thank all involved.

Mike Parish completed another shutdown at the Albany Paper Mill. Another section of roof trusses between two paper machines. Temperatures were extremely hot and humid. **Mike** was assisted by **Rich Speakman, Steve Swett, George Beebe, Tony Peterson, Tim Bjorn, Aubrey Haxby, Matt Singler, and Todd Speakman.** A very difficult project. Great job.

Boise Paper Shutdowns:

A smaller shutdown was performed at **Boise Paper** at their St. Helens mill. Lead abatement and recoating of various structures. Work was performed by **Rick Bear, Rich Speakman, Steve Swett and Tim Bjorn.**

Another shutdown for **Boise Paper** at their Wallula Mill. This shutdown required sponge blasting and recoating a press section. Containment and dust collectors were utilized to capture and contain all paint removal and sponge blasting efforts. Lead containing coatings were detected on the catwalk supports, which were removed before project start. A decision was made to error on the side of safety and all personnel treated the area as a lead abatement project, until testing could prove otherwise. All spent abrasive tests, removed paint tests, and air-sampling tests were negative. Over 50 people worked on this down, thanks to all, especially to our other regional areas with experienced manpower assistance, required for abatement projects of this magnitude.

Jimmy's Jams:

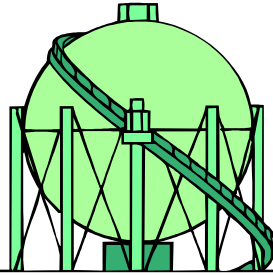
Jimmy Lusk and crew have been steady at the helm completing various tasks at **Weyerhaeuser's** Springfield Mill. Out side of a few shutdowns **Jimmy** and crew of **Doug, Pat and Alan** have stayed busy throughout the winter months.

Steve's Stories:

Steve Swett has become our fiberglass lining repairman. Our crew repaired a thick film liner in a storage vessel for **Matrix Services** at Kinder Morgan. Included on the crew; **George Beebe, Jamie Ellsworth, Rick Bear and Tim Bjorn. Brian deBoer** assisted with delivery of the plural component pump and application of the quick set materials.



That project went so well, **ConocoPhillips** requested a FRP liner repair. We sent **Steve** and crew right over. They repaired the liner and noticed a lot of rust flake fallout from the underside of the tank lid. So they hoisted an earth compactor to the roof of the tank and vibrated until all loose corrosion was dislodged and removed.



Steve and **Tim** then headed back over to **Kinder Morgan** to touch-up the exterior of a tank modification project. The weather cooperated!! **Steve**, **Tim**, **Aubrey** and **Dan** just finished the inside and outside of an ammonia tank for **Wah Chang**.

Rick's Revelations:

Rick Bear and crew completed an interior tank lining for **Matrix Services** at the Kinder Morgan Willbridge Terminal. **Steve Swett**, **Rich Speakman**, **Terry Prince**, **Tim Bjorn** and **Todd Speakman** helped complete this project on time and within budget. While at the Willbridge facility **Rick** and crew completed a pipe coating project in the truck loading rack for the Rockford Corporation. Rick and crew then moved their tank lining equipment to Columbia River Carbonates and lined the inside of a storage vessel at that facility.

Rags to Riches Report:

Rich Speakman, **Steve Swett** and **Terry Prince** completely lined the interiors of two storage vessels for **Tesoro** at their Vancouver facility. **Rich** took advantage of the silo like tanks laying on their sides to perform the lining, eliminating the need to build a scaffold tower after erection. Great thinking!

Ryan's Hope:

Mike Ryan and crew of **Mike Parish**, **Tony Peterson**, **Tim Bjorn** and **Matt Singler** completed interior painting for **Covanta** at their Brooks facility. These guys did an outstanding amount of work with the available funding. Great job on a commercial project. On to the land down under, 700' under.

Mike and crew are just putting the finishing touches on a turbine rebuild project near Oroville, CA for **VA Tech** and the **Department of Water Resources**. They built a temporary blast booth to blast and paint all the turbine components removed by **VA Tech**. Then they went 700' under ground and contained, blast removed lead containing coatings and lined the draft tube and spiral case. **Mike Parish**, **Brian West**, **George Beebe**, **Tony Peterson**, **Aubrey Haxby** and **Dan Elliott** are assisting. Thanks to **Eric Bogner** and **Brian deBoer** for helping out with equipment delivery and set-up. Great job on a tough challenging project.

Gettman's Glory:

Tom Gettman, **Matt Singler**, **Terry Prince**, **Tim Bjorn** and others continue to offer our services and keep a watch at the **Weyerhaeuser Duraf Flake** facility.

DON'S REGIONAL REPORT

As of April **Scott Faupel** and crew have worked accident free for 10 years. We are very grateful to **ConocoPhillips** for allowing us a safe work environment and to our unparalleled employees of

10 YEARS

Scott, **Bill Hickok**, **Allen Hill**, **Mike Green**, **Martin Johnson**, **Jason Lasater**, **Micah Fisher**, **Luis Bueno**, **Aaron Struthers**, **Ian Barling**, **Dave Hubbard**, **Gary Marconi**, **Nick Dean**, **John Discant**, **Jack Jarmoski**, **Theron Chin**, **Craig Foster**, **Victor Parts**, **Ernesto Sosa**, **Jeremy Wardle**, **Travis Garman** and **Dane Hovde** for pitching in to help make sure everyone goes home safe.

The **BP** ers, **Jim Hanson**, **Ed Pruesser Jr.**, **Rich Bullock**, **Kevin Chanik** and **Matt Ouillette** have been washing things, blasting things, hand prepping things, painting things, QA ing things and being as safe and productive as possible while doing so.

Tim Loving and Allen Hill, Roy Shelton, Israel O'Connor, Kyle Lindsay, Darren Beutler are kicking off our yearly maintenance projects at the **Tesoro Refinery** in Anacortes. They have also been working on some interior tank linings and exterior tank painting along with some fireproofing.

Our general Superintendent, **Roy Parrett**, has decided to stay closer to home and has taken the helm at the **Shell Oil Products US Refinery** in Anacortes while **Dan Clements** is running our operation at the **Coastal Refinery** in Aruba. **Roy** along with **Bob Martinez, Joe Paszkowski, Andrew Morris and Matt Cargill** are working on some interior tank linings, exterior tank painting and the new LSG project along with projects for **Total Western, Diamond B and TIC**.

Jamie Brisky, Micah Fisher, Jason Lasater and Jack Jarmoski have been working on a couple of projects for **Haskell** at their facility in Bellingham.

The Gorge Creek bridge project for **WSDOT** is near completion, way ahead of schedule and under budget. Our local Bridge Meister, **Jamie Brisky**, has directed another safe and successful bridge project. His award winning crew consists of **Micah Fisher, Gary Marconi, Aaron Struthers, Theron Chin, Nick Dean, Ian Barling** and a special guest on loan from our Redmond office,

Chad Johnson. This breathtaking grated bridge sits a couple hundred feet above Gorge Creek on Highway 20 near Newhalem, Washington.

Under the leadership of Project Manager, **Seth Jeretzky** and Superintendent, **Dan Clements** we are under way with a maintenance-painting program for **Coastal Aruba Refining Company** in Aruba. Our crew of **Erinn Travelstead, Florentino Rangel, Gary Sorter, Dave Shoup, Dave Stocks, Jose Meza, Oscar Flores** and a large contingent of Aruba employees have been

working in the compressor building area and Coker towers. We have heard a rumor that **Dan** misses **Roy** and has been dealing quite a bit with Toy and Boy and once all the locals are trained he will be jumping for joy, he will then sit down and eat his favorite food, a bowl of poi.

Jim Ward heads to Aruba to take care of our new tank-lining project. **Jim** and crew of **Mark Harrison, Mike Green, Martin Johnson, Dave Hubbard, and Jose DeLeon** along with several local Aruba employees are working on the interior thin linings and exterior painting of two 179' diameters tank and the interior fiberglass lining and exterior painting of a 266' diameter tank at the **CARC Refinery** in Aruba. An interesting phase of this project will be cleaning out and filling the floating roof pontoon compartments with foam.



Mark Smith, Brian deBoer and the rest of the Redmond shop crew have done a tremendous job in the mass purchasing, coordinating, loading and shipping to Aruba, thanks guys.

Our new Hawaii Three-O crew is beginning work for **Matrix** at **Chevron** facilities on the Island of Kauai and will then move to Maui to complete this project. **Jason "Luau" Lasater, Matt "Oli" Ouilette** and **Dane "Haole" Hovde** are the Three-O crew. Remember boys, always be Maika i while in Hawaii and no pia.

Daniel Beitler is not only the best mechanic in these parts but we have come to rely on him for testing paint products. **Dan** has developed a very sophisticated and scientific testing method over his 25 years in our trade. His test starts in his "clean room" where he dials in all his gauges, checks and adjust ambient conditions, dims the light, adjust the carburetor cleaner vapors, puts on his gloves and then begins to clean the paint out of an airless pump. The longer it takes to clean out, the higher rating the paint gets.

Thank you **Monica Latting** for your always encouraging and upbeat attitude and keeping this office in top-notch condition.

Brandon Seigel has been quite busy as of late with estimating, project managing, scheduling and moving his desk. With **Seth** being on vacation (just kidding) in Aruba for a year, **Brandon** will be very very busy.

Please welcome **Diane Simplot** to our Bellingham office staff. **Diane** started work on April 23rd and will be our new Administrative Assistant.

Congratulations **Theron** and **Amanda Chin** on the birth of your new daughter **Akasha**, and to **David** and **Rochelle Shoup** on the arrival of your daughter **Kaylynn**. We wish you all the very best.



ATTA BOYS

From **Pete** to **Charles Carter**. Great job on the **Boise** – Wallula shutdown. **Charles** turned in all billing sheets (labor, equipment, consumables and materials) electronically. This is a great way to keep the mounting record keeping and cost coding of a large shutdown more organized, accurate, timely, legible and consistent, also uses less paper and faxing. I'm sure our accounting department seconds the motion.

Congratulations to **Scott Faupel** and crew at **ConocoPhillips** for reaching 10 years with no recordable injuries.

MARK YOUR CALENDARS

There are some important dates to mark on your calendars. The **8th Annual D&B Company Golf Tournament** will be held on August 9th. Our **2nd Annual Mariners Day Company Picnic** will be on July 27th. These events have been a lot of fun in the past so plan on attending.

A FIRST-AID KIT FOR SUMMER FUN

Fun in the sun is relaxing ... unless you get a sunburn or get stung by a bee! Here are some first-aid tips for treating common summer ailments.

- Watch out for swimmer's ear. If you're in the pool a lot and your ears feel itchy or full of water, you may have an ear infection called swimmer's ear. Treat it with this five-day regimen: Place an alcohol-soaked cotton ball in your ear overnight, then rinse your ear with a mix of water and hydrogen peroxide. Call your doctor if the symptoms don't go away after five days, if they follow a cold or if there's discharge. Prevent swimmer's ear by drying your ears after you're in the water.



- Treat that bee sting. Should a bee sting you this summer, use a credit card to gently scrape out the stinger. Don't squeeze or pull — you'll release more venom. Clean the area, and apply ice to reduce swelling. Take acetaminophen and an antihistamine (like Benedryl) for pain and itching. If you develop raised red blotches (hives), begin to wheeze, feel weak or dizzy, or the general area starts to swell, seek medical care immediately. You may be having an allergic reaction.



- Stay cool in the heat. In hot weather, your body is like a car engine. Without plenty of coolant you easily boil over. So when you're in the sun, drink lots of water. If you become nauseated or weak or your skin feels clammy, get out of the sun immediately. Loosen your clothes and sip cool water slowly. Call your doctor right away if your skin is dry even under your arms, your temperature reaches 102°, your skin turns bright red or you become disoriented.



BIRTHDAYS

MAY

Cargill, Matthew 13
 Davis, Jason 05
 Evans, Christopher 13
 Gamble, Kurtis 22
 Gauss, Robert 30
 Hanks, Fred 20
 Hanson, Jim 02
 Lindsay, Kyle 31
 Loftin, Rich 10
 Lopez, Isidro 12
 Marino, Martin 27
 O'Connor, Israel 24
 Stocks, David 20
 Weese, Aaron 14

JUNE

Beutler, Darren 14
 Bitterich, Ken 18
 Clements, Dan 07
 Dean, Nick 18
 Dunkin, Deidre 28
 Faupel, Scott 21

Guthrie, Chris 11
 Hingey, Spencer 26
 Jeretzky, Seth 23
 Martinez, Bob 24
 North, Matt 15
 Ouilette, Matt 09
 Paszkowski, Joe 28
 Rondeau, Mark 25
 Speakman, Richard 19
 Speakman, Todd 28

JULY

Barling, Ian 28
 Beebe, George 28
 Cardenas, Juan 11
 Deavours, Dennis 22
 deBoer, Brian 17
 Garman, Travis 29
 Misurace, Frank 30
 Sosa, Ernesto 15
 Sullens, Travis 01
 White, Alan 08



ANNIVERSARIES

MAY

Alderman, Garrett 01 yr
 Baetz, Chris 01 yr
 Beutler, Darren 01 yr
 Bison, Rex 10 yrs
 DeLeon, Jose 02 yrs
 Denison, Wayne 07 yrs
 Garman, Travis 01 yr
 Hanson, Jim 24 yrs
 Haxby, Aubrey 03 yrs
 Hickok, Bill 14 yrs
 Hill, Allen 03 yrs
 Lasater, Jason 11 yrs
 Loftin, Rich 14 yrs
 Morris, Andrew 01 yr
 Parts, Victor 01 yr
 Pruesser, Ed Jr. 18 yrs
 Rey, John 01 yr
 Ryan, Mike 02 yrs
 Shelton, Roy 12 yrs
 Smith, Mark 13 yrs
 Solada, Barry 08 yrs
 Wardle, Jeremy 01 yr

JUNE

Asbjornsen, Andy 01 yr
 Bear, Rick 08 yrs
 Daugherty, Jody 05 yrs
 Grimm, Laif 01 yr
 Hovde, Dane 01 yr
 Jarmoski, Jack 01 yr
 Loving, Tim 14 yrs
 Stocks, David 05 yrs
 Sullens, Travis 05 yrs



JULY

Chin, Theron 04 yrs
 Clements, Dan 10 yrs
 deBoer, Brian 12 yrs
 Foster, Craig 02 yrs
 Lindsay, Kyle 01 yr
 Marino, Martin 02 yrs
 Parkerson, Adam 02 yrs
 Swett, Steve 01 yr
 Weese, Aaron 11 yrs

DUNKIN & BUSH, INC.
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FIRST CLASS