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Accu-tec shall be an integral part of each customer's success

July 2008

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A message from our President & Chief Operating Officer **Expectations**

We're on the web

<http://www.accu-tec.com>

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"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity."

 W. Clement Stone

In our lives, we are faced with unceasing choices. What may be interpreted as a minor resolution on our part may have extreme repercussions to others. Business is no different. We are constantly faced with challenges that force our thought process to make a choice. The easy route is reactive, however our businesses require management to consider the near and long term consequences on the decisions we make each day. Proactive decisions require forethought, responsibility, and accountability. Staying the course, in spite of besetting failure, is never an option in business. Our customers, suppliers, and employees expect that we adjust the business model every time we stray from a successful path.

We have a daily production meeting, which has become a communication tool to get things right, not just the first time, but every time. We plan and schedule for tomorrow. More times than not, when tomorrow arrives we face minor adjustments. These are opportunities to make improvements that affect our short and long term objectives. In the cyclical economics of business, we are facing strategies that must be adjusted. These must be looked upon as opportunities to make us wiser.

If you look across all industry sectors, whether corporate or private equity, everybody is assessing their core competencies and doing transactions that make them lean, nimble and more competitive. Economic challenges offer strategic industry players and international buyers opportunities to consolidate, gain scale and access new markets. Though we are not a Fortune 500 player, we do work with companies that are. This means that we are required to be a seamless part of their operations. Accu-tec International continues to refine its core values to assist every customer/partner as they must adjust the dynamics of how they serve their clients.

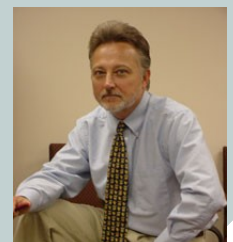
The very first line of our Mission Execution (see our Mission Statement) is "We shall chart our goals with integrity." Integrity is beyond honesty and consciousness. Integrity is defined as adherence to moral and ethical principles; soundness of moral character; honesty. Every Accu-tec employee is evaluated on this standard, without exception. Integrity can sometimes challenge us to separate from the "easy" decision or one of a quick result. It forces each of us to evaluate our response, even if it means admitting to a lack of our personal judgment. Accu-tec pledges to be a company of integrity with employees of like discrimination. If you ever feel that we are not living up to that standard, please contact me. For you see, it is not only an issue for our company, but it is an issue for me.

Accu-tec shall be an integral part of each customer's success!

Stephen J. Homola

President/Chief Operating Officer

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Hug a Tree

Earlier this year Steve wrote to you about our strategic alliance with the World Clean Air Forest Initiative (WCAFI) and their efforts to assist in meeting the challenge of the United Nations Environment Program (UNEP), Plant for the Planet, Billion Tree Campaign. Accu-Tec's responsibility in this alliance will be to assemble and distribute to 80 countries a clean air tree kit containing a seed pod and everything necessary to grow a tree indigenous to the area it is being shipped to.

Remembering high school science, heat from earth is trapped in the atmosphere due to high levels of heat trapping gases one of which is CO₂. These gases keep the heat from being released into space. This phenomenon is known as the "greenhouse effect". Trees remove this CO₂ from the atmosphere as part of their growth process and return oxygen back to the atmosphere, Hence the WCAFI's tag line "Have you grown your clean air today?" The effect of this tree planting can be quite dramatic. One mature tree can remove almost 50 lbs of CO₂ from the atmosphere a year. In a 40-year time frame that is **one ton** of CO₂ per tree. If every person in America planted just one tree we would remove over 1 billion pounds of CO₂ a year from the atmosphere.

Trees also reduce the CO₂ buildup, shading our houses and office buildings. One tree shading your house can reduce CO₂ buildup by as much as 15 trees. Properly placed trees in your yard can reduce your air conditioning bill during the day by over 50% and applied nationwide could reduce our oil requirements by over 500,000 barrels a day.

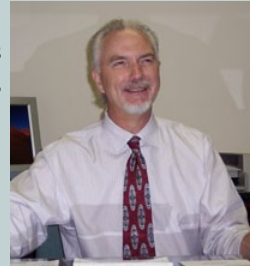
The WCAFI has an aggressive goal of 9.1 billion trees planted by the year 2050. That is one tree for every person on the planet.

It is easy to get lost in the "is it true or not" mentality. Regardless of your feelings on "Global Warming", treeing your yard will enhance the beauty of your home, reduce your utility bills, and make your home more comfortable.

Jeff Davis

CEO

Accu-tec International



Stress and Leadership

"The function of leadership is to produce more leaders, not more followers" **Ralph Nadar**

In building a team of leaders we must be aware of others in the team, their needs and their concerns.

A wide variety of social skills are desirable for successful team leaders, including listening, discussing, questioning, persuading, respecting, helping, sharing, participating and communication. The move to leadership creates a greater amount of peer pressure, performance management and stress.

Occupational stress can be caused by a number of factors. Work overload, coming from an overload of what the person is expected to do or work under-load when there are not enough tasks for the person to undertake. Stress can cause job dissatisfaction and health problems.

Always think positive! Getting stressed out about something isn't going to make the situation better; it can only make it worse. Hence, faced with the competition of any kind or even when things are going downhill, try to think positive and things may just as well turn for the better.

Quotes from the Team at Stress Management

~ To help you relieve stress in your life ~

Blame is a senseless action. You are the master of your own destiny, you can achieve whatever you desire and the only force that stands in your way is your own fear. So utilize your power to decide and do it!

Personally, after a long day at work I enjoy going home and working in my gardens, playing with my dogs and talking to my husband and kid's about how their day went.

I will start feeling more positive about tomorrow and less negative about today.

Be strong and think positive!

Patty Bentley,

Production Manager





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We at Accu-tec join the world in recognition and an appreciation of the accomplishments of our valued business partner Beam Global Spirits and Wine.

BEAM GLOBAL SPIRITS & WINE RECEIVES TOP HONORS FROM THE 2008 SAN FRANCISCO WORLD SPIRITS COMPETITION

Laphroaig® Scotch Whisky, Baker's® Bourbon and Courvoisier® Cognac All Take Home Double Gold Awards

Beam Global Spirits & Wine, Inc. [Fortune Brands, Inc. (NYSE:FO)], a global leader in premium spirits, is pleased to announce its solid performance in the 2008 San Francisco World Spirits Competition, with a total of 25 medal wins. Beam Global's portfolio of brands won an impressive 12 Double Gold and Gold medals, with brands like Laphroaig® Scotch whisky, Baker's® Bourbon, El Tesoro® Tequila and Courvoisier® Cognac leading the show with Double Gold wins. The treasured El Tesoro® Reposado took home the "Best Reposado Tequila" award.

"The medals awarded by the San Francisco World Spirits Competition are a testament to the quality and craft that goes into each bottle made at our distilleries around the world," said John Campbell, master distiller, Laphroaig Scotch Whisky. "We know the dedication and hard work that goes into making our award-winning Scotch here at Laphroaig and all the other Beam Global distilleries. The employees of our distilleries are the real recipients of these awards and we thank them for their care, craftsmanship and dedication to making great-tasting products."

The following Beam Global Spirits and Wine brands received Double Gold or Gold medals in the 2008 San Francisco World Spirits Competition:

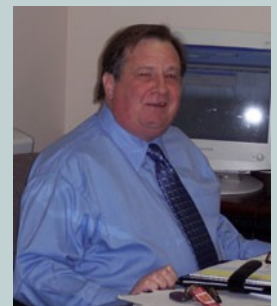
- **Ardmore™ Traditional Cask** received a **Gold** medal in its inaugural year in the United States.
- **Canadian Club® Classic 12** received a **Gold** medal.
- A **Double Gold** medal was awarded to **Courvoisier® XO Imperial** and **Gold** medals to **Courvoisier® XO Fine Champagne** and **Courvoisier® Initiale Extra**.
- A **Double Gold** medal and **Best Reposado of Show** were awarded to **El Tesoro® Reposado** tequila. **El Tesoro® Platinum** also received a **Double Gold** medal.
- **Laphroaig®** Scotch whisky had another winning year receiving a **Double Gold** medal for **Laphroaig® 10 Year Cask Strength**. **Laphroaig® 10 Year Old** won a **Gold** medal.

From the Small Batch Bourbon Collection®, **Baker's®** bourbon won a **Double Gold** medal; **Basil Hayden's** and **Knob Creek** won **Gold** medals.

The 2008 San Francisco World Spirits Competition was held on March 15th and 16th at the Mandarin Oriental Hotel in San Francisco. The international competition is held annually and inspires more than 800 spirits entries from around the world. Judging is based on blind taste tests and medals are awarded based on taste alone.

For more information on Beam Global Spirits & Wine, its brands, and its commitment to social responsibility, please visit www.beamglobal.com and www.drinksmart.com.

Barry Epstein
Vice President of Business Development





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Reprinted from the Spring 2008 Humana newsletter *Health Matters*.

Fit, active employees improve your bottom line

Encouraging your employees to lighten up through diet changes and increased physical activity can improve or prevent complications from a range of diseases – and impact short – and long-term healthcare costs for both employers and employees.

Employees with a high body mass index are more likely to develop potentially serious health problems such as high blood pressure, diabetes, coronary artery disease, stroke, cancer, and osteoarthritis. They have average medical costs more than 50 percent higher than normal-weight employees, and are 75 percent more likely to be absent from work seven or more times every six months.*

On-site wellness programs to get rid of extra pounds and improve overall health can make a significant difference in controlling healthcare costs for both healthy employees and those at risk. *The American Journal of Health Promotion* concluded that each dollar spent on health promotion programs produced an average return on investment of \$4.30 per dollar spent.

As the weight of your employees rises, so do the medical conditions, healthcare costs and premiums for health benefits. Creating an environment that supports shaping up, eating right and turning around other unhealthy lifestyle choices is an investment in your business that's well worth making.

*Sawyer-Morse

What is fitness?

Fitness means being in good physical condition. We often think of athletes as being very fit. They tend to focus on performance-related fitness for sports.

But you don't have to be an athlete to be fit. Doing more physical activity improves your fitness and health, no matter what size or shape you are.

This topic focuses on health-related fitness, which helps you feel your best and lowers your risk for certain diseases. Making small changes in your daily lifestyle helps you improve your fitness.

What are the benefits of fitness?

Fitness helps you feel better and have more energy for work and leisure time. You'll feel more able to do things like playing with your kids, gardening, dancing, or biking. Children and teens that are fit may have more energy and better focus at school.

When you stay active and fit, you burn more calories, even when you're at rest. This can help you lose weight if you need to. It also can help you to sleep better, handle stress better, and keep your mind sharp.

Fitness is good for your heart, lungs, bones, and joints. And it lowers your risk for heart attack, colon cancer, diabetes, and high blood pressure.

How much physical activity do you need for health-related fitness?

To improve your health, it's important to make physical activity part of your daily life.

One way is to get some moderate activity for at least 30 minutes a day, 5 days a week or more. Brisk walking is one kind of moderate activity.

Or you can do more vigorous exercise, like running, for at least 20 minutes a day, 3 days a week or more. This is activity that raises your heart rate to 70% or more of your maximum heart rate. To find your target heart rate for exercising, use the Interactive Tool: *What Is Your Target Heart Rate?*

Children and teens should be active for at least 1 hour each day.

Here's how you can tell if an activity or exercise is making you work hard enough. If you can't talk while you do it, you're working too hard. You're at the right level if you can talk but not sing during the activity.

What types of physical activity improve fitness?

The activities you choose depend on which kind of fitness you want to improve. There are three different kinds of fitness:

- **Flexibility** is the ability to move your joints and muscles through their full range of motion. Stretching is an exercise that helps you to be more flexible.
- **Aerobic fitness** means increasing how well your body uses oxygen. This depends on the condition of your heart, lungs, and muscles. Any activity that raises your heart rate, such as walking or running, can improve aerobic fitness.
- **Muscle fitness** means building stronger muscles and increasing how long you can use them (called endurance). Activities like weight lifting or push-ups can improve your muscular fitness.

You may be in better shape in one kind of fitness than another. For example, you might be flexible but have poor muscle strength. It's best to work on all three kinds of fitness.

How can you be more physically active?

If you're ready to add more physical activity to your life, here are some tips to get you started:

- Make physical activity part of your routine, like brushing your teeth or going to work. Try biking to work at least once a week, using the stairs more often, or walking to do errands near home. But talk to your doctor before you start an exercise routine, especially if you haven't been very active or have health problems.
- Walking is one of the best fitness activities. To keep up a routine, you can walk with family members, friends, coworkers, or pets. Keep track of your steps with a step counter or pedometer, which you can buy at a sporting goods store. This can help motivate you to walk more.
- Schedule activity for times that you're likely to stick with it. For example, walk in the morning if you tend to talk yourself out of it later in the day. If you don't have time for one 30-minute walk, break it up into three 10-minute walks.
- Find a partner to do your activities with. This can make exercising more enjoyable.
- If you want a more structured exercise routine, consider joining a health club or a community center that offers fitness activities.
- Find an activity that you enjoy, and stay with it. Vary it with other activities so you don't get bored. For example, walk 3 days a week, and switch to swimming or biking on the other days. Join a softball, volleyball, or basketball league for fun and exercise. By finding more activities you enjoy, you'll have a greater chance for success.
- Setting small, realistic goals can help you improve your fitness. Write down your goals and activities. Give yourself a healthy reward, like getting a massage, each time you reach a goal.

Tina Mann
Controller / HR Manager



HOT HOT HOT

Now that summer is upon us it is time to review some basic work practices that everyone should be aware of going into the hottest time of year. Many of the below examples will be amplified here in the Ohio Valley due to our periods of high humidity coupled with the normal heat of summer.

Everyone needs to be aware of the condition of other employees around them as well as themselves. Watch for some of the danger signs below and alert your Supervisor or Manager if you suspect someone is having a difficult time with the heat. Watch your fluid intake, get plenty of rest before your shift and dress appropriately for the conditions.

HEAT DISORDERS AND HEALTH EFFECTS.

HEAT STROKE: occurs when the body's system of temperature regulation fails and body temperature rises to critical levels. This condition is caused by a combination of highly variable factors, and its occurrence is difficult to predict. Heat stroke is a medical emergency. The primary signs and symptoms of heat stroke are confusion; irrational behavior; loss of consciousness; convulsions; a lack of sweating (usually); hot, dry skin; and an abnormally high body temperature, e.g., a rectal temperature of 41°C (105.8°F). If body temperature is too high, it causes death. The elevated metabolic temperatures caused by a combination of work load and environmental heat load, both of which contribute to heat stroke, are also highly variable and difficult to predict.

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If a worker shows signs of possible heat stroke, professional medical treatment should be obtained immediately. The worker should be placed in a shady area and the outer clothing should be removed. The worker's skin should be wetted and air movement around the worker should be increased to improve evaporative cooling until professional methods of cooling are initiated and the seriousness of the condition can be assessed. Fluids should be replaced as soon as possible. The medical outcome of an episode of heat stroke depends on the victim's physical fitness and the timing and effectiveness of first aid treatment.

HEAT EXHAUSTION: The signs and symptoms of heat exhaustion are headache, nausea, vertigo, weakness, thirst, and giddiness. Fortunately, this condition responds readily to prompt treatment. Heat exhaustion should not be dismissed lightly, however, for several reasons. One is that the fainting associated with heat exhaustion can be dangerous because the victim may be operating machinery or controlling an operation that should not be left unattended; moreover, the victim may be injured when he or she faints. Also, the signs and symptoms seen in heat exhaustion are similar to those of heat stroke, a medical emergency. Workers suffering from heat exhaustion should be removed from the hot environment and given fluid replacement. They should also be encouraged to get adequate rest.

HEAT CRAMPS: are usually caused by performing hard physical labor in a hot environment. These cramps have been attributed to an electrolyte imbalance caused by sweating. It is important to understand that cramps can be caused by both too much and too little salt. Cramps appear to be caused by the lack of water replenishment. Because sweat is a hypotonic solution ($\pm 0.3\%$ NaCl), excess salt can build up in the body if the water lost through sweating is not replaced. Thirst cannot be relied on as a guide to the need for water; instead, water must be taken every 15 to 20 minutes in hot environments.

Under extreme conditions, such as working for 6 to 8 hours in heavy protective gear, a loss of sodium may occur. Recent studies have shown that drinking commercially available carbohydrate-electrolyte replacement liquids is effective in minimizing physiological disturbances during recovery.

HEAT COLLAPSE: ("Fainting"). In heat collapse, the brain does not receive enough oxygen because blood pools in the extremities. As a result, the exposed individual may lose consciousness. This reaction is similar to that of heat exhaustion and does not affect the body's heat balance. However, the onset of heat collapse is rapid and unpredictable. To prevent heat collapse, the worker should gradually become acclimatized to the hot environment.

HEAT RASHES: are the most common problem in hot work environments. Prickly heat is manifested as red papules and usually appears in areas where the clothing is restrictive. As sweating increases, these papules give rise to a prickling sensation. Prickly heat occurs in skin that is persistently wetted by unevaporated sweat, and heat rash papules may become infected if they are not treated. In most cases, heat rashes will disappear when the affected individual returns to a cool environment.

HEAT FATIGUE: A factor that predisposes an individual to heat fatigue is lack of acclimatization. The use of a program of acclimatization and training for work in hot environments is advisable. The signs and symptoms of heat fatigue include impaired performance of skilled sensorimotor, mental, or vigilance jobs. There is no treatment for heat fatigue except to remove the heat stress before a more serious heat-related condition develops.

Charles (Rusty) Green
Warehouse Manager



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ACCU-TEC PERSONNEL NOTES

July Birthdays

Charlie Cox	7/4
Rusty Green	7/5
Ulysses Grant	7/6
Bridgett Todd	7/8
Barry Epstein	7/16
Jeff Thornton	7/26
Jeana Hillerich	7/29
Alzonia Moore	7/31

July Anniversaries

Tina Mann	9 Years
Yolanda Rice	6 Years
Patty Bentley	5 Years
Christine Desnoyers	3 Years
Jimmie Gaines	1 Year
Ulysses Grant	1 Year
Richard Greene	1 Year
Darlene Schlett	1 Year

Going Green in the IT Department

In the past the initial response to the thought of outgrowing your servers was add another server. Before you know it you have a large room with a multitude of servers requiring more personnel to maintain them, higher energy costs, and several components to help support them. The end result begins to redirect your focus away from your primary business goals to an area that was initially meant to support just that.

Recently we at Accu-Tec International have taken steps to go green in the IT area by consolidating several servers to a virtual environment. Not only does this reduce the amount of overhead required to maintain/support the hardware but we have reduced the amount of energy consumption by half. Another key advantage to this revolves around the stability and integrity of the network, the fewer components involved in any network lessens the chance of any failures.

Recently I have read that due to the energy crisis in the state of California they have begun to offer incentives to companies that utilize virtual environments. Imagine if everyone began to follow their lead what kind of impact on the environment we could make.

Our President/Chief Operating Officer often sends correspondence with this quote:

"We do not inherit the earth from our ancestors; we borrow it from our children."

It is our belief here at Accu-Tec International that this is a very true statement and it is our duty to ensure what we leave our children with has a brighter future than the one we foresee today.

Danny Williams
IT Manager
Accu-Tec International

