



# LH The LHC Connection

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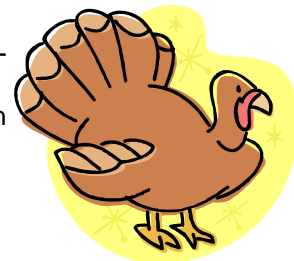
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Happy Thanksgiving



## Turkey Facts

- ◇ In 2004, the average American ate 17.4 pounds of turkey.
- ◇ The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- ◇ A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat.
- ◇ The wild turkey is native to Northern Mexico and the Eastern United States.
- ◇ The male turkey is called a tom. The female turkey is called a hen. Baby turkeys are called poults and are tan and brown.
- ◇ The turkey was domesticated in Mexico and brought to Europe in the 16<sup>th</sup> century.
- ◇ Wild turkeys can fly for short distances up to 55 miles per hour.
- ◇ Wild turkeys can run 20 miles per hour.
- ◇ Tom turkeys have beards. This is black, hair-like feathers on their breast. Hens sometimes have beards, too.
- ◇ Turkeys' heads change colors when they become excited.
- ◇ Six hundred seventy-five million pounds of turkey are eaten each Thanksgiving in the United States.
- ◇ Turkeys can see movement almost a hundred yards away.
- ◇ Turkeys lived almost ten million years ago.
- ◇ Turkey feathers were used by Native Americans to stabilize arrows.
- ◇ Most of the turkeys raised for commercial production are White Holland's.
- ◇ Turkey eggs are tan with brown specks and are larger than chicken eggs.
- ◇ It takes 75-80 pounds of feed to raise a 30 pound tom turkey.
- ◇ United States turkey growers raised 270 million turkeys in 2004.
- ◇ Forty-five million turkeys are eaten each Thanksgiving.
- ◇ Twenty-two million turkeys are eaten each Christmas.
- ◇ Nineteen million turkeys are eaten each Easter.
- ◇ Male turkeys gobble. Hens do not. They make a clicking noise.
- ◇ Gobbling turkeys can be heard a mile away on a quiet day.
- ◇ The ballroom dance the "turkey trot" was named for the short, jerky steps that turkeys take.
- ◇ Turkeys don't really have ears like ours, but they have very good hearing.
- ◇ Turkeys can see in color.
- ◇ A large group of turkeys is called a flock.
- ◇ Turkeys do not see well at night.
- ◇ A domesticated male turkey can reach a weight of 30 pounds within 18 weeks after hatching.
- ◇ Commercially raised turkeys cannot fly.
- ◇ Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.
- ◇ Wild turkeys spend the night in trees. They especially like oak trees.
- ◇ Wild turkeys were almost wiped out in the early 1900's. Today there are wild turkeys in every state except Alaska.
- ◇ Turkey breeding has caused turkey breasts to grow so large that the turkeys fall over.
- ◇ June is National Turkey Lover's Month.



# Safety Tips



## WINTER DRIVING



In case you haven't noticed, winter is on its way. That can mean fog, rain, ice, snow, slippery roads, and poor visibility. It's a time that can be dangerous for pedestrians, drivers, and other vehicle operators. There are some simple precautions you can take to minimize the risk of accidents and injuries.

This winter season, before you get into a vehicle, take a little extra time to make sure everything in and about the vehicle is in good condition and operating correctly.

- Are the windshield and side windows clear?
- Do the windshield wipers work?
- Are the blades in good condition?
- Can you see in all the mirrors?
- Are the headlights clean enough to allow for proper visibility?
- Do the tail and the brake lights work?
- Do the emergency lights work?
- Does the defroster work or is there so much on the dash that the defroster couldn't possibly work?
- Do the tires have good tread and adequate pressure?
- Are the brakes working properly?
- Is there more than a quarter tank of gas?
- Do you have emergency or repair equipment in the vehicle, including flashlights, flares, fire extinguishers, and chains where applicable?



Check all of these things before winter weather comes. Remember also to reduce driving speed on wet, muddy, oily, or icy roads and be especially alert for pedestrians and animals. It will make your driving experience easier and safer. Winter is inevitable and nothing can be done to avoid it. But preventive maintenance and extra caution can be important factors in accident prevention.

By: State Compensation Insurance Fund



The above evaluations and/or recommendations are for general guidance only and should not be relied upon for legal compliance purposes. They are based solely on the information provided to us and relate only to those conditions specifically discussed. We do not make any warranty, expressed or implied, that your workplace is safe or healthful or that it complies with all laws, regulations or standards.



# Welcome, Welcome!

It is our pleasure to announce that Alan Pryor is joining LHC on December 1, 2005 as Vice President of Operations. He will be in charge of our East Coast operations.

Alan is an experienced manager and CPA who has worked with Lionel since 1988. Alan brings vested business and marketing experience to LHC and will be a great asset for LHC in moving forward with our future corporate goals.



## LHC Has a New East Coast Office...

LHC continues to improve in many ways! This month the company moved it's Arlington office to Hyattsville, Maryland which will provide a larger more comfortable working environment. Pictured below we see Alan Pryor, Vice President of Operations for the East Coast hard at work. And Juadine Henderson, Administrative Analyst, busily organizing the new office site. In the meantime, Charles Mahoney, Security/ Administrative Analyst, continues to review and process security files for accuracy and completeness.

Phone: 240.260.0441

Fax: 240.260.0446

E-Fax: 775.261.0719



Charles Mahoney



Juadine & Alan

## Perfect Attendance Winners!!

Congratulations to all our employees who had perfect attendance during the month of November! Each individual will receive a coupon redeemable for gifts at the company store. They are eligible for a drawing for one of the three \$100 cash awards.

The winners of the November 2005 cash awards are:

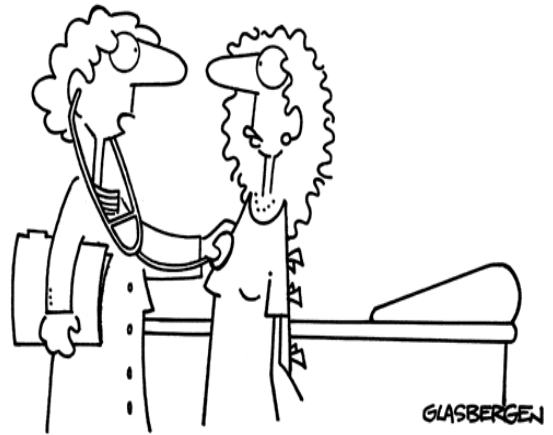
**Jessica Blanche-Lanos  
Parichat Hines  
Lorna Little**

Are your perfect attendance coupons piling high on your desk? We've got the solution for you.

[www.lhenderson.com/prizes.htm](http://www.lhenderson.com/prizes.htm)

Please visit our online brochure to view the many different items to redeem those coupons! **Original** coupons need to be sent with your request for prizes. Don't have any perfect attendance coupons? Ask your supervisor or human resources on how to receive these coupons.

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**"Are you under a lot of stress lately or  
have you always had six separate heartbeats?"**

## *Have you seen??*

LHC has added a new prize option to the perfect attendance prize page!! Now you can get a SuperCertificate from GiftCertificates.com!

Please go to [www.lhenderson.com/prizes.htm](http://www.lhenderson.com/prizes.htm) and check all the different vendors you have to chose from.



**Please Welcome Our  
New Employee's**

Juadine Henderson ... Department 50  
Betina Davis ... Department 75  
Parichat Hines ... Department 80  
Carolyn McLaughlin... Department 551

**Welcome Aboard!!**