



Spectrum Design Services, Inc.

Company Newsletter

SDS 2005 Golf Outing Welcome back everyone!

WAY TO GO MIKE!



EMPLOYEES CELEBRATE ANNIVERSARIES May-August

9 Years

Larry Baker

7 Years

Shannon Savoie
Lovenia Van Auken

5 Years

Mike Ramirez

3 Years

Steve Fay
Ginger Steagall
Mark Truitt

2 Years

Sam Cheng
Chris Gaidousek

1 Year

Billy Almack
Shorty Brown
Rich Guzman
Gerald Robertson

Costs jump for health insurance

From the article in Houston Chronicle by Anne Belli

The cost of employee health insurance increased 12.2 percent this year, an increase from 9.6 percent in 2004. Reasons for the rise include the increase in reimbursements to hospitals, Houston's "aging and fattening" work force, and failure to redesign insurance plans to save money.

Ten years ago employers paid \$3,756 on the average medical plan, now the cost has doubled to \$7,562.

Employee Benefit Solutions and the Houston Business Group on Health conduct an annual review and recently released a survey. The survey found that in Houston employers generally are not passing on the cost to the employees, as is commonly believed.

The number of companies offering "consumer-driven plans" has increased from 1 to 11 in the survey, but these plans are slow to catch on. Employees need ample information about the quality of local health care services; the difficulty of access to these data is one reason for the lag.

Ease the pain of computer strain



The age of computers has certainly raised some interesting ergonomic issues for office employees. Here are some tips that may help reduce neck, back, shoulder, and wrist aches commonly attributed to keyboard strain:

1. Adjust your computer screen so your eyes are level with the menu/tool bar along the top of the screen.
2. Keep your neck upright and straight. Avoid turning your neck to the side for prolonged periods while working on the computer.
3. Keep your shoulders relaxed.
4. Keep your elbows at a 90° angle, no more.
5. Sit up straight and keep your lower back slightly curved inward. An ergonomic pillow can offer additional support.
6. Adjust your seat so your thighs are horizontal and your feet are flat on the floor. Maintain at least two inches of space between the edge of your seat and the back of your knees.
7. Use a wrist rest.

Cell Phone Stats



More than 175 million people use cell phones, according to the Cellular Telecommunications & Internet Association (2005). As more people have begun using cell phones, the number of motorists "talking and driving" has increased. The National Highway Traffic Safety Administration (NHTSA, 2004) suggests that distracted drivers—including those on cell phones—cause a quarter of all motor vehicle accidents.



