



Ground Breaking News

Mission Statement

Continuing to build a company dedicated to safety, quality and integrity; providing an exceptional work place for its employees; committed to a product that meets or exceeds our customers expectations



Inside this issue:

A message from Jim Anderson	1
Mental Health	2
Safety	3
Things to do this summer	4
Job Spotlight	5
New/Rehires	6
Employee Spotlight	6
Birthdays	7
Work Anniversaries	8

A message from Jim Anderson:

We all have been distracted over the last several months with COVID and civil unrest around the world. As this seems to continue we all need to be mindful of the job at hand and refocus on who we are.

Approach each day with a clear mind on the tasks to be completed that day. Avoid distractions. Focus on maintaining eye contact with everyone in your work area. Be safe, and make sure you're executing safe practices so you can go home to your family.

Mental Health Resources

We understand that this pandemic may have affected our valued employees in many ways. We would like to give you some information on some resources that may help with the mental aspect. Aetna will provide free virtual consultations for all those affected. If you need to talk to someone, you can call Aetna's crisis response lines at 1-833-827-AETNA (2386) for 24/7 confidential counseling and support.

Everyone reacts differently to stressful situations. A couple of ways to cope with stress:

- Take breaks from watching, reading or listening to news stories
- Take care of your body by meditating,
 - Stretching, exercising and getting plenty of sleep
 - Trying to eat healthy well-balanced meals
 - Avoid alcohol and drugs
- Make time to unwind—try to do some other activities you enjoy
- Connect with others—talk with people you trust about your concerns and how you are feeling

Available with AETNA: If you are enrolled in our medical plan (dependents are included!!!!) you can earn points for a **FREE Apple Watch** (must pay taxes to order) or gift cards if you already have an Apple Watch! Download the ATTAIN by Aetna application (available on iPhones only). Use the same login for your AETNA medical account and it will ask you if you already own an Apple Watch or if you would like to earn points to earn your watch. There are goals that you need to meet weekly, which are based on your weight and sex. As long as you meet your goal each week you earn enough points to pay for your watch each month! If you already own an Apple Watch—the points you earn can be used for gift cards to a selection of stores.

Safety—Heat Stress in Construction

As workers are social distancing and wearing a mask, the signs of heat stress may be more difficult to recognize with the “buddy system” often used to watch for heat-related illness. Workers may need to ask each other questions about how they are feeling during the workday to assess for signs of heat-related illness among their co-workers.

Construction workers exposed to hot environments or extreme heat can be at risk of heat-related illnesses (HRIs) and injuries. Heat stress is the combination of a worker’s exposure to heat from physical activity, environmental factors, and their clothing which results in an increase in the body’s heat storage. Dehydration occurs when the loss of body fluids exceeds the amount that is taken in. With dehydration, more water is moving out of our cells and bodies than what we take in through drinking. Along with the water, small amounts of electrolytes are also lost. When we lose too much water, our bodies may become out of balance or dehydrated.

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.

- Start work earlier in the day when the temperature is cooler.

- Block out direct sun or other heat sources.

- Use cooling shaded areas and rest regularly.

- Social distancing applies in the workplace and break areas.

- Drink lots of water: about 1 bottle every 20 minutes.

- Workers should not share water bottles or cups when hydrating.

- Wear lightweight, light colored, loose-fitting clothes.

- Avoid alcohol, caffeinated drinks, or heavy meals.

TAKE HEAT STRESS SERIOUSLY!

Working in a hot environment puts stress on the body’s cooling system. When heat is combined with other stresses like hard physical work, loss of fluids, or fatigue it may lead to heat-related illness, disability, or even death.

Top 10 suggestions on places/things to do summer 2020

Considering the current circumstances we would like to suggest a couple of ideas that you can do with your family this summer:

- Visit a drive in movie theater— visit The Family Drive-In Theater in Stephens City, VA
- Tubing/canoeing/kayaking in Shenandoah—visit front royal outdoors website
- Visit and swim in lake near you—Lake Anna, VA or Sandy Point, MD
- Take a day trip to Ocean City, MD or Virginia Beach, VA
- Fishing in Leesylvania Park, VA or Burke Lake, VA
- Grilling outside in a park of your choice
- Visit local campgrounds
- Go hiking in a national park—Sky Meadows Park, VA and Shenandoah, VA are beautiful
- Visit your local brewery or winery (make sure to call ahead to make your reservation, as most will only accept by reservation)
- Enjoy a picnic at your desired location (park works best because of open space)

Find us on Facebook & Instagram:

@The Anderson Company LLC

Make sure to visit our website and share!

Visit us at www.theanderco.com



Job Spotlight

Alexan

Project Executive: Mo Salman

Project Engineer: Josh Payne. Nick Hite

Area Superintendent: Henry Hernandez

Superintendents: Juan Ayala



This newsletter's spotlight job is 1917 Alexan Old Town located in the heart of Alexandria, VA. This project is funded and managed by Trammel Crow Residential who contracted The Anderson Company because of our expertise in demolition, excavation, and hauling of contaminated soils. The scope of this project includes erosion and sediment controls, cut to disposal of 60,000 CY (approximately 50% contaminated), installation of wet utilities including replacement of 42" storm drain, and demolition and improvement of existing roads. This job was especially challenging due to its proximity to the Potomac River causing high plasticity soils and wet ground conditions. Anderson had to coordinate closely with other subcontractors on the jobsite with our excavation around the installation of 50 tie downs, sheeting and shoring, and concrete foundations. This is soon to be a 300+ unit high rise luxury apartment for the residents of Alexandria.

As we fast forward to today, the job is nearing completion. The earthwork is almost complete, but utilities and paving will continue construction. Through our hard work we have continued to build a strong relationship with Trammel Crow Residential and continue to build more projects for them. Anderson and our employees are proud to be a part of a project that will serve Alexandria residents for many years to come.



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NEW HIRES/REHIRES

Aaron Jones—Laborer
Elmer Fuentes—Laborer
Christian Torres—Laborer

Harrison Ramos Palma—Laborer
Gerson Monroy—Truck Checker

Employee Spotlight: Gladys Reyes

Gladys has been a loyal employee for 12 years. She is a truck checker and also operates an off road for us. She is a mother of three and a grandmother and loves to hang out with her friends and dance.





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Employee Birthdays

July—August 2020

Joshua Patterson	7/1	Brenda Yates	8/5
Tyrone Anderson	7/3	Carl Plum	8/10
Henry Hernandez	7/4	Mo Salman	8/10
Martin Jones	7/5	Robert Robertson	8/10
Rich Larson	7/6	Greg Boltersdorf	8/11
Mickey Mora	7/8	Cesar Mora	8/11
Derek Doty	7/11	Jennifer Reyes	8/11
Pat Kelly	7/13	Kelly Myers	8/12
Alicia Porter	7/14	John Anderson	8/13
Ricardo Torres	7/17	Alfredo Cerroblanco	8/18
David Gorham	7/18	Derril Thomas	8/20
Ward Anderson	7/19	Carlos Hernandez	8/21
Alex Ramos	7/19	Mike Keith	8/23
Page Price	7/22	Shana Biller	8/25
Jaime Callejas	7/23	Ross Buckles	8/28
David Horton	7/25	Rudy Lam	8/30
Marcos Ayala	7/27		
Thomas Callaghan	7/27		
Tom Cooper	7/28		
Stuart Himelfarb	7/29		
Ryan Roth	7/30		



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Employee Work Anniversaries July– August 2020

July Work Anniversaries		August Work Anniversaries	
	Length with Company		Length with Company
Jim Anderson	24 Years	Marquette Williams	3 Years
Sava Savov	10 Years	Maurice Parker	3 Years
Kelly Myers	1 Year	Shana Biller	1 Year
Juan Barrera	17 Years	Rudy Lam	9 Years
Earl Jackson	18 Years	Buck Sutton	12 Years
Zach Jaufmann	2 Years	Patrick Doering	22 Years
Barry Turner	10 Years	Ward Anderson	10 Years
Al Stirling	17 Years	David Horton	3 Years
Angel De La Rosa	18 Years	Darrell Buckles	17 Years
Mo Tavousi	24 Years	Mauricio Flores	6 Years
Larry Neal	11 Years	Heather Kelly	13 Years
Mark Barrier	6 Years		
Aaron Thomas	6 Years		
Nick Hite	1 Year		
Bryan Wines	11 Years		
Cody Andrews	1 Year		
Martin Jones	1 Year		
Victor Young	10 Years		
Jose Mora Jr	8 Years		
Corey Schirmer	8 Years		
Ross Buckles	3 Years		

**Thank you all for your loyalty!
Congratulate your peers for their hard
work and dedication!!**