



Apex Design Technology “The BUZZ”

CUSTOMER NEWS

That-A-Boy! from a customer who said, "The unit is on its way to Peebles Test site. Please express my appreciation to all the APEX personnel that made it possible and also to Gary K. who probably thought he was an APEX employee after 10 days at the shop." We all thank you very much.

EXECUTIVE CORNER

Hiring - Apex has been very fortunate to be able to fill key vacant and newly created positions with experienced and capable new employees.

We are still looking to fill other critical spots.

Welcome To

- Owen C. Leung - Electrical Assembler
- Lisa Dreim - Contracts Manager
- Paul Kelly - Electrical Department Leadman
- Mark Medina - Shipping & Receiving
- Adrian A. Millan - Maintenance Department

ALABAMA WEDDING

Two of our employees - Tina Rogers and James Ross got married on 3-24-06. They had been dating for two years.

Congratulations Tina and James!

PERSONAL PROFILE -

ALEYDA S. SANCHEZ

Start Date: Temporary on 11/14/05 & then full-time on 02/20/06

Job Position/Duties: A/P data entry, file (phone calls - answer vendors) and set-up payment schedule, mail checks, etc.

What do you like most about your job? That there's always bills to pay so I'm always busy - makes the days pass-by fast.

If there was something that you could change about your job, what would it be? No phone calls and no filing. It would make my job much easier - especially filing...

Where do you see yourself 5 years from now? In 5 years hopefully in my own place, something that I can call mine with my son going to Kindergarden. Wow ... also just enjoying life ... working ... taking care of Nicholas.

What do you like to do in your spare time? Play with Nicholas. Take Nicholas to the park and watch him enjoy his childhood.

Are you married? Nope!

Do you have children and/or grandchildren? One lovely baby boy! D. Nicholas McCoy.

What is something that no one, or not many of your co-workers know about you (hobbies, talents, special interests, etc.)? Um? That I'm 24 today.

RealAge BENEFIT ARTICLES

THE BEST PLAQUE ATTACK

You could plug into a healthier smile with help from the right toothbrush. Rotation oscillation electric toothbrushes proved to be more effective at removing plaque and reducing gum inflammation than manual toothbrushes in a recent study. But don't take short cuts just because you have a high-powered brush. Dentists recommend people brush for a minimum of 2 minutes, at least twice a day, regardless of brush type.

RealAge Benefit: Flossing and brushing your teeth daily can make your RealAge as much as 6.4 years younger.

TUBE GOT YOU DOWN?

You might tune into a brighter mood if you turn off the tube for a bit.

Watching too much television was associated with higher rates of depression in women in a recent study; however, the results were not the same for men. Regardless of your gender, spending less time engaging in sedentary behaviors such as TV viewing and more time engaging in physical activity is a great prescription for boosting your mood.

RealAge Benefit: Taking care of your emotional health and well-being can make your RealAge up to 16 years younger.

MUCH TO GAIN

Did you know that you could gain more from exercise the older you get?

In general, older people tend to reach exhaustion more quickly than younger people when performing the same physical task. However, researchers recently found that when older people exercise regularly, they experience greater gains in exercise efficiency compared to younger people. Their bodies make greater strides over time in terms of being able to use less oxygen for the same amount of work.

RealAge Benefit: Exercising regularly can make your RealAge as much as 9 years younger.

HICCUPS - Hiccups are caused by spasms of the diaphragm, and like other spasms they are impossible to turn on voluntarily and troublesome to turn off. The diaphragm is the muscle at the base of the lungs, and a spasm causes a sharp intake of air. The characteristic sound is the glottis (the opening between the vocal chords) closing reflexively. All this can make it difficult to eat, talk, sleep, etc.

Home remedies such as breathing into a paper bag or holding your breath are based on the fact that raising the level of carbon dioxide in the blood will stop the hiccups.

Source: *MSN Health & Fitness*

Sleep Sensations ~ One moment you're drifting off to la-la land, and the next instant - whoa! - you're dropping off a cliff. Sleep experts believe the brain sometimes gets the wrong message from the body during the transition into sleep, and associates the lack of muscle tension with being in midair. Arms and legs then jerk suddenly as they would to break a fall. Not yet realizing the body is simply at rest, the brain also instantaneously conjures a story to account for the sudden jump, and that's why we picture ourselves falling, slipping or floating in the air.

MSN Health & Fitness

APRIL BIRTHDAYS

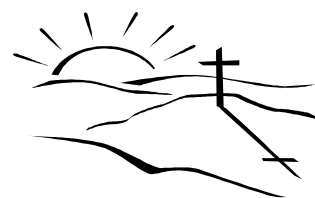
1st	Bonnie Cuevas
5th	Neri Bojorquez
5th	Eric Gonzalez
7th	Aleyda S. Sanchez
10th	The Phiet V. Nguyen (Vu)
21st	Chad McKinney
28th	Cory A. Yip

APRIL APEX ANNIVERSARIES:

Jose L. Castro	9th
Scott Reid	7th
Rigoberto P. Perez	7th
Armando Naranjo	2nd
Lisa A. Lyle (Decatur, AL)	1st

DATES TO REMEMBER

April 13th - Passover
 April 14th - Good Friday
 April 16th - Easter Sunday
 April 17th - Easter Monday
 April 26th - Administrative Professionals Day



**Apex wishes you, your family
and friends a very happy Easter.**