



Apex Design Technology

The Buzz

ALABAMA CORNER

APEX DECATUR DIVISION MAKES LOCAL NEWS

Apex Design Technology, Decatur was featured in the Decatur Daily On-Line edition on March 2nd.



Lisa Lyle and Bill Harlow from Apex Design Technology (see photo above) met with potential customers. This event is known as a business matchmaker event which attracts dozens of small business owners and is designed to give small businesses a shot at big-business supply contracts.

To read more go to <http://www.decaturdaily.com>

Large Grinding Machine - Apex Crew Rose to The Challenge

Many employees worked well beyond their normal shift putting on the final touches to the very large grinding machine. The unit was loaded on the truck in the early hours of Saturday morning.

With the support of our customer, Apex crew rose to the challenge.

EMPLOYEE PROFILE - HOWARD TIEN, ESTIMATOR

Length of Time at Apex: Five months

Job Position/Duties? Estimating material costs and lead time on Quotes.

What do you like most about your job? There is a lot to learn and you learn something new every day.

If there was something you could change about your job, what would it be? I would want a "helper" for phone quotes and photocopies. That would be swell.

Where do you see yourself 5 years from now? That's too far in advance.

What do you like to do in your spare time? Basketball, movies; just hanging out with friends.

Are you married? No.

Do you have children and/or grandchildren? No.

What is something that no one, or not many of your co-workers know about you (hobbies, talents, special interests, etc.)? I speak Chinese and took two other languages in College. I also really enjoy listening to music.

UNSUNG HEROES

Who are these guys? They are the ones who come to Apex everyday and do their jobs and do them well. Very well. Without fanfare, they are steady, reliable and rarely get any recognition and typically don't want any.

This month, Apex would like to recognize our Welders as the unsung heroes of Apex. They are amongst the best in our industry and all you have to do is look at some of their work to know they are at the top of their profession.

While touring through Apex's shop, our customers often comment on the beautiful welding they see when looking at the items in fabrication.

Here's to: Alberto Garcia; Cruz Palomares; David Emerson; Higinio Perez; Jose Castro; Mike Cang; Neri Bojorquez; Rick Ulmer; Richard Babcock; and, Stan Farrow...the unsung heroes of Apex. **Thank You!**

GOOD GUYS TO THE RESCUE

Wes Gordon (S/R) and George Penta (Maintenance) are Heroes!

Tell Steel Driver, Gary, was about to have a heart attack. Wes & George noticed that he didn't look well and acted - fast. Because of them, Gary got to the hospital in time to have a stint implanted. He will soon be as good as new.

Many pizzas were delivered to Apex as a thank you from Tell Steel's President.

Bravo George & Wes!

HEALTH TIP - HEALTHY BACKS

- **When Sitting**, keep your back straight and your shoulders back. Support your lower back.
- **Stand** with one foot slightly in front of the other, with knees slightly bent to take pressure off the lower back.
- **When reaching** for things that are higher than shoulder height, stand on a sturdy stool or ladder.
- **When lifting** stand with your feet planted squarely, shoulder width apart. Bend at the knees, not the waist. Lift slowly and let your legs carry the weight.
- **Move** heavy objects by pushing rather than pulling, since that is easier on the back.
- **Exercise** and lose excess fat to get down to within 10 pounds of your ideal weight and take the strain off your spine.
- **Sleep** on your side with pillows between your knees, or on your back with pillows under your knees, to maintain correct spinal alignment and get a relaxing night's sleep.

BACKPACKS: Some 75% of adolescents aged 12 to 18 suffer some form of back pain. The weight of their backpacks was found to be a factor in increased back pain.

DIRECT DEPOSIT

Just a reminder that Direct Deposit is available.

Please see Carolina (H.R.) and remember to take a voided check with you for her to keep on file.

MARCH BIRTHDAYS

- 2nd Ming Y. Yuen
- 7th Greg P. Digilio
- 10th Armando Naranjo
- 11th William R. Harlow
- 13th Thao N. Pham
- 14th Hien D. Vu
- 15th John D. Alarcon
- 19th Carolyn R. Nelipovich
- 21st William A. Timmerman



APEX EMPLOYEE ANNIVERSARIES

- Edward Y. Michioka 10th
- Steven M. Gomez 10th
- Wes Gordon 9th
- Adriana Escorcia 6th
- Michael A. Chieffo 2nd

APEX NEW HIRES *Welcome aboard!*

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|----------------------|-----------------------|
| Aleyda S. Sanchez | Accounting Dept. |
| Anthony D. Sjomeling | Welder (2nd Shift) |
| David L. Emerson II | Maintenance Dept. |
| Don Harris | Purchasing Manager |
| Eric Gonzalez | Machinist (2nd Shift) |
| Larry Sullivan | Machinist (Decatur) |

WISDOM

"When you can't change the direction of the wind - adjust your sails."



DATES TO REMEMBER

- March 17 - St. Patrick's Day
- March 20 - Spring Begins
- April 2 - Daylight Savings - Turn clock ahead one hour.

