

July and August Letter from the Editor

Mallory Minute

Who doesn't love summer? The longer, warmer days trigger a sense of relaxation and ease. Even though most grown-ups don't get to take the summer off, we still get a whiff of the "[School's Out for Summer](#)" feeling by the time the 4th of July rolls around. I hope you all get a chance to get outside with your friends and family and enjoy some summer fun. Check out "[Summertime – and the Living is Healthy](#)" for some tips on having a healthy summer.

If you have any great ideas for articles, please let me know. Our statistics show that you all enjoy reading the [Employee Spotlight](#), so send me your questionnaire and a picture! Mallory employees are a modest bunch, but we all love to learn more about each other. [Don't be shy](#).



We are now including a pdf version of the Mallory Minute so that you can print it and post it if you are working in the warehouse or other areas where reading at your computer is difficult.

Happy Summer, everyone!

Amy

Safety with Barry – Shock Not Advised!

Mallory Minute

Those are words you may hear if you are using an Automatic External Defibrillator (AED) followed by the voice prompt begin Cardiopulmonary Resuscitation (CPR).

Generally speaking we see AED in public places such as; airports, schools, arenas and quite often in the work place. They are easy to use and will prompt you as the appropriate action you should take if you are providing basic life support while waiting for emergency medical professionals. They are not magic boxes and you should not be afraid to use one! CPR also is not hard and is something everyone should know whether at work, home or play.



AED's are a critical link in the cardiac chain of survival and the faster you can get one on a person in cardiac atrial fibrillation the better! The percentages go down by 10 percent for every minute you delay employing the AED. That isn't a long, so time is of the essence.

A few years back during training with a paramedic, I ask the individual how many times they had performed CPR? They stated "approximately 100 times," my next question was, "well how many lives have you saved doing CPR?" Their response "ZERO." I was quick to reply, "well you must be the worse paramedic ever!" Their response struck home. "You don't understand Barry, that by the time we [EMT/Paramedics] get there it, is too late!" Inner Safety Ninja Smack on the back of my head, "duh that makes sense" and that is why it is so important for folks to learn CPR and how to use an AED

While in Maine a couple of weeks ago, I met two individuals who had used AED's in two separate events. One was successful and one, unfortunately, was not.

The unsuccessful individuals reported that his AED never advised giving a shock on his casualty even though he was there within approximately 8 minutes from the start of the event! He also stated that he performed CPR for approximately thirty minutes before help arrived. After being relieved by EMT's he stated that he was completely exhausted.

While he received much praise for his efforts, the individual personally felt dejected as the results were not what he wanted. He questioned why the AED never prompted him to shock the casualty? Without going into great detail, I explained that AED will not start a stopped heart and even his quick response of 8 minutes was too late.

There are lots of reasons to learn CPR and how to use an AED, most importantly, is that perhaps someday, somewhere, someone will depend on you to keep them alive until professional medical help arrives!

Stay Safe My Friends
Your Humble Servant
Barry Morris

School's Out for Summer, but Work Isn't: How to Stay Productive During the Lazy days of Summer?

Mallory Minute

Working during the summer comes with its own unique set of challenges. Co-workers are sharing plans, stories and pictures of their tropical vacations and weekend getaways. Commutes become hotter, longer and sweatier. Out-of-the-office email responses are more frequent, and there's a near constant distraction of warm weather and the wish to get outside. When summer comes, are you left choosing whether you or your work suffers?



Laura Lee Rose, a business and life coach, says, "The idea isn't to 'ignore' or deny yourself [in order] to stay focused at work. The harder you work on blocking out summer — the more you feel distracted, disgruntled and penalized. The idea is to allow summer to be properly integrated into your work schedule." Here are some tips on how to enjoy summer, even when you have to work.

- 1. Take short breaks and walks outside during the work day.** Walk around the block or to the coffee shop; even better, take a co-worker with you and get to know each other better.
- 2. Take advantage of the summer weekends.** Schedule some weekend hours with friends and family in the outdoors or summer-related activities: take tours of your town, attend water parks or amusement parks in your area, bike ride and visit neighborhood parks, play tennis with friends, etc. This fulfills the feeling that you just got back from a mini-vacation. Take a break from household chores, tv and have an outing.
- 3. Bring summer into your office.** Bring summertime fruit juices and fruit, summertime lunch snacks; put on coconut hand lotion; wear colorful and light (office appropriate) outfits; do things that help you feel like you are relaxed and calm while you are doing your work.
- 4. Socialize near and outside of the office.** Schedule an outdoor lunch with friends and co-workers or meet for after work socializing somewhere with an outdoor patio.
- 5. Stay cool.** Drink ice cold water throughout the day and keep the office at a reasonably cold level. It's proven that being warm makes you sleepy and fatigued while being (slightly) cold keeps you more alert and awake
- 8. Schedule tasks when you're most up to complete them.** If you are fresher in the morning when it is cool outside, try to get your more challenging tasks done right away. Warm summer days can make you feel sleepy and less focused in the afternoon.

Staying focused at work in the warm summer months is about allowing yourself to enjoy summer. Work with the season, not against it. This might be good time to get to know your co-workers better, refresh your work area and habits or develop a new system to increase your productivity.

Sources: *workbuzz.com*, *Fox Business* and for more online articles on this subject, check out *paperitis.com*.

Summertime – and the Living is Healthy!

Mallory Minute

Summer is here, the days are longer and there is plenty of time to enjoy life. One of the great things about summer is that it is so easy to lead a healthier lifestyle. Here are a few tips to keep you healthy as you enjoy the warm days ahead.

1. Wear sunscreen. And a hat, for good measure. Don't let all your healthy, fun, outdoor living turn into an increased risk for skin cancer.

2. Eat more berries. If you do one thing this summer to improve your diet, have a cup of mixed fresh berries — blackberries, blueberries, or strawberries — every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

3. Be kind to your eyes. To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

4. Hydrate. Drinking enough water and staying hydrated is especially important in the summer months when you run the risk of overheating. 8 glasses a day is a myth – water intake really depends on activity levels, but we should all follow the 70/70 rule which means that if it is over 70 degrees or above 70% humidity, or both, we should increase the amount of water we drink. Energy drinks and diet soda are not good substitutes for water and end up doing more harm than good, including increasing your risk for high blood pressure, depression, heart attack and diabetes. Stick to water.

5. Fill your grill with chicken, fish and veggies. Summer nights provide a great opportunity to get outside and grill your food. Lean meats, and chicken and fish in particular are great choices for the grill. For some great summer recipes go to cookinglight.com/food/top-rated-recipes/five-star-grill-recipes.

6. Get dirty! To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots — indoors or out. Just putting your hands in soil is “grounding.” And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

7. Spend more time outside. Pick one outdoor activity — going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming — to shed that cooped-up feeling of gym workouts. And remember, the family that plays together not only gets fit together — it's also a great way to create bonding time.

8. Got lite on the alcohol. Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons). A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation — defined as one to two drinks daily — alcohol can protect against heart disease.



9. Sleep Well. Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

10. Relax, have fun and enjoy!

Sources: WebMD, Prevention.com, cookinglight.com, American Heart Association

Travis Murch

Mallory Minute

Travis Murch is Mallory's IT guru. He calmly keeps our systems running and is the man we turn to when we need help with anything computer related. Travis lives in Vancouver, Washington with his daughter and girlfriend and works out of our Portland location. He is always happy to help his co-workers out of a computer related problem, just remember to try a "restart" before you give him a call.



Start date and current position with Mallory: 12/26/2006, IT department

What I like best about working for Mallory: Able to explore a wide range of subjects when finding the best way to troubleshoot a problem or implement an improvement. Also the times when I am able to help someone have a much better day when something goes terribly wrong. That feeling is pretty rewarding.

Best job/Worst job: Outside of Mallory, my best job was working for my school – fantastic example of how an IT department should operate and fit in with the rest of the organization – and worst job was working fast food in high school or working midnight to noon shift alone in IT.

Favorite place to live: Portland. Not too big, not too small, and gorgeous summers.

Motto or Personal Mantra: Treat others how you would want to be treated (when possible ☺).

I'm happiest when: I am amongst friends or family and everyone has a smile on their face. All the cares in the world seem to melt away.

What I fear most: Asking what happened the last X number of years of my life.

I'm proudest of: Getting my act together and excelling in college.

Favorite sports or pastimes: Basketball, football, hiking.

The Top 3 Highlights of my Life: Getting my degree, final project award, starting a family.

People would be surprised to know: I am partly colorblind.

If I could do it all over again, I would: "Fail forward," a lot more and a lot earlier in life.

Favorite Memory: Road trips with my dad.

Favorite song, movie, book, or comedian: Some 80's and plenty of 90's music, not sure what happened after that. Favorite movies are Ronin and The Departed.

Best Vacation: Recent trip to Disneyland, seeing my daughter have even more fun than I had when I was a kid. Totally worth it.

Before I die, I would like to: Start a company and sell it.

Goals for the coming year (work or personal or both): Buy a house, begin the path to further education, more exercise and better eating habits.

July and August Birthdays

Mallory Minute

Happy Birthday to all the summer babies among us!

Mike Morant **7/4**

Jerald Schoonover **7/10**

Jerad May **7/11**

Scott Hayzlett **7/14**

Matthew Feltes **7/20**

Dan Gardner **7/23**

Scott Schulmerich **7/27**

Bruce Rosebrock **8/4**

Silvia Yee **8/6**

Sherry Sandnes **8/7**

Justin Powell **8/12**

Darrell Anderson **8/13**

Scot Cusic **8/23**

Maria Ciccarelli **8/26**

Margaret Dormer-Steenson **8/27**

Kit Kittelson **8/30**

Cory Navis **8/31**