

The Filter

A Cary Services, Inc. Newsletter

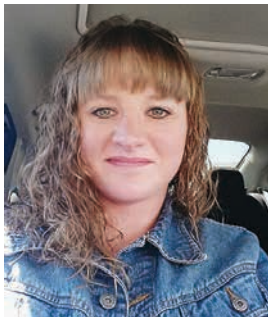
Facility & Product Temperature Management | Proactive Budget Control & Preventive Maintenance Specialists

Winter 2015

Continuing To Stimulate The Economy

As our business grows and prospers, so, too, does our contribution to our local economies in the form of job creation. Thanks to your continued business—not to mention the referrals we so appreciate—we're pleased to introduce four new staff members of the Cary Services team.

Miranda Harper



Miranda Harper

Miranda, a native Abilenian, joined the Cary Services administrative team in June. She graduated from Texas State Technical College as a certified phlebotomist, and is also certified in medical billing and coding.

Miranda has a son, Colton, who is five. In her spare time, she enjoys shopping and barbecuing with family and friends.

Clayton Vanhoy



Clayton Vanhoy

Clayton brings to Cary Services 28 years experience in HVACR. Although born and raised in Houston, Texas, Clayton graduated from Gateway Community College in Arizona. After receiving his training, he spent five years owning and operating his own business with his father.

Clayton is married, has a daughter and a son, as well as four grandchildren. His primary interest is trail riding with his horses, and he's also actively involved with his church. We are delighted to have Clayton on the Houston team.

Jessica Copeland



Jessica Copeland

Jessica joined the Cary Service administrative team last May, a year after graduating from Hardin-Simmons University, where she earned a Bachelor of Behavioral Science degree with a focus on Criminal Justice.

Married to her husband, James, for two years, they do not have any children yet, but they do have three dogs: Jager, Blue and Bitsy. When not working, Jessica likes to barbecue with friends and family, play pool and read.

Lazaro Martinez Valdes



Lazaro Martinez Valdes

"Laz" came aboard the Cary Services team in June. He relocated to Abilene from Florida, where he was caring for his mother, and also spent time in Hawaii, where he attended community college. Laz received his HVACR training at Cisco College in Abilene and is a proud veteran of the U.S. Army.

In his off hours, Laz enjoys completing chores around the house, sports, fishing and volunteering for church projects. He has a daughter who lives in Hawaii, and although technically single, does have a significant other. Laz has already proven to be a terrific addition to our Abilene team.



Contact Us Toll Free 24/7 | 888-229-1757

Abilene | 325-695-7283 | Mark Cary, Chairman/CEO | Tony Cary, VP of Field Operations | Jerry Eichhorst, General Manager

D.F.W. & North Texas Region | 817-596-9877 | Michael Wilson, General Manager

Houston | 281-219-1900 | Kevin Dean, General Manager

Big Spring - Midland & Odessa | 432-264-7192 | 432-617-0173 | Charlie Beall, General Manager

San Angelo | 325-994-2580 | Jerry Eichhorst, General Manager

Visit us online at www.caryservices.com

The Pursuit Of Perfection: Is It Counterproductive?

Creativity can be a messy, sloppy business, full of mistakes, false start, and changes in direction. You can't let perfectionism interfere with the process, or you may never finish. Learn to loosen up and let go with this advice:

Seek progress, not completion. Instead of obsessing about getting your work just right, focus on making it a little better. You'll always be disappointed if you strive for perfection, but you can find satisfaction in knowing you've improved.

Focus on what you can do, not what you can't. Do the best job possible within the limits of your resources. You'll waste time and energy obsessing about how good it could be if only you had more money or the perfect ingredients. Sometimes settling for "good enough" is the key to success.

Work at what you do best. If you know your strengths, you'll make better decisions about what to concentrate on. Shape your projects to match your abilities instead of trying to force yourself to perform tasks at which you're less than stellar.

Celebrate your accomplishments. Take pride in what you achieve, even if it's not absolute perfection. A positive attitude about your work will spur you on to greater things.

Students Study Less These Days

College costs may be exploding, but today's college students seem to study less than their predecessors did. A study by the National Center for Education Services found that freshman and seniors at four-year colleges and universities spend about 15 hours per week reading, writing and getting ready for class, although in 1962 the average student devoted about 24 hours a week to studying.

One reason for the drop: Students are forced to spend more time working during the week because of rising tuition costs. Approximately two-thirds of college students these days work full- or part-time to help fund their own education, according to one poll from the Associated Press/Viacom.

What You Learned In College Can Help You In Life

A terrific grade-point average in college doesn't guarantee success in life. But the skills you learned in class can help you excel on the job:

Don't turn in work late. Some professors lowered your grade when you submitted a late paper. Deadlines are even more important in the workplace.

Show up. Professors recognized who was a constant presence in class, and whose attendance was spotty. Your boss will see you as reliable if you're there every day.

Explore extracurricular activities. When you're involved in something outside work, you'll be more productive and organized with your time and learn skills to use in your career.

"Just because something doesn't do what you planned it to do doesn't mean it's useless."

Thomas A. Edison

The oldest surviving audio recording of a U.S. president is of whom?

What Do You Know?

- 1) What did bootleggers commonly put on their shoes to hide their tracks?
 - a) Plates
 - b) Wood planks
 - c) Cow hooves
 - d) Reverse shoe soles
- 2) Which critters can smell blood from 3 miles away?
 - a) Great white sharks
 - b) Mosquitoes
 - c) Honey badgers
 - d) Pigeon hawks
- 3) Which of these was not a nickname for Chester A. Arthur?
 - a) Gentleman Boss
 - b) The Dude President
 - c) Walrus
 - d) The Human Iceberg
- 4) Which event has not been covered by ESPN?
 - a) The World Series of Backgammon
 - b) Lumberjack World Championship
 - c) Combat juggling
 - d) World champion rat racing
- 5) The oldest surviving audio recording of a U.S. president is of whom?
 - a) Benjamin Harrison
 - b) Abraham Lincoln
 - c) Ulysses S. Grant
 - d) William McKinley

from *mental_oss*

Answers: 1) c 2) a 3) d (The Human Iceberg was Benjamin Harrison's nickname.) 4) d 5) a (Rutherford B. Hayes was the first, but the recording was lost.)

Did You Know? . . .

We offer 24-hour/7-day-a-week services, with our trained, professional service technicians. Give us a call locally or toll-free. We're ready to help!

To contact our Centralized Service Dispatch, call toll-free: 888-229-1757

Abilene: 325-695-7283
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Cary Services is the proud recipient of the Better Business Bureau Torch Award (2005) for Marketplace Ethics



Our Holiday Message



The holidays are traditionally a time of reflection, when we look back at what we've accomplished and ahead with hope and promise to the future. It's also an opportunity to appreciate our own blessings and share some of what we have with those less fortunate.

As a business, we have a lot for which to be grateful...our dedicated, hardworking employees, our outstanding building team partners, our supportive corporate friends and, of course, our loyal clients, without whom we would not exist.

On behalf of the entire Cary Services staff, we wish you a safe and happy holiday season and a healthy and prosperous 2015.

We're doing our part. This newsletter is printed on environmentally-friendly paper—50% recycled, using 25% post-consumer waste, and is composed of a mixture of fibers from certified forests, post-consumer recycling processes and fibers from other controlled sources.



CARY SERVICES

Facility Product Temperature Management
Proactive Budget Control Preventative Maintenance Specialists

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