

The Filter

A Cary Services, Inc. Newsletter

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

Spring 2014

Employee Spotlights

Angelia Goins

Angelia is an administrative assistant who joined Cary Services in January 2013. Not a native Texan, Angelia and her husband, Trevor, moved to Texas by way of Maryland in 2006. They have been married for more than 13 years and are pet-parents to a dog, Bella, and three cats, Ash, Callie and Sam.



Angelia Goins

Angelia has a bachelor's degree in History from Penn State University, and as such is an avid college football fan. Her favorite team is, of course, Penn State, but she has been known to cheer for Michigan also. Her hobbies and interests include reading, gardening, craft projects and remodeling her home.

Leo Rocha

Leo has been with Cary Services' Abilene territory since April 2013. He's an Abilene native who had previously lived in San Antonio, but wanted to come home to be closer to family. An 11-year veteran of the industry, he's a single dad with one daughter. Leo enjoys riding his Harley and shooting pool when time permits. The experience he has brought to the team has made Leo a real asset.



Leo Rocha



Don't ignore your HVACR system. It is a great big mechanical system that requires regular maintenance from trained specialists in order to work properly.

Spring Startup And Maintenance

Admit it: You probably don't think about your indoor comfort system or refrigeration equipment until it stops working and you or your product become either too cold or too hot. It's human nature to put something in the back of your mind as long as it doesn't cause a problem and stays in the background.

And you might think of your heating, ventilating, air conditioning and refrigeration (HVACR) system as just a "box" that can be turned on or off in order to control your temperature. But your system is a lot more than that. It doesn't simply control temperature; it has an impact on the air you breathe, the quality of the food you sell or prepare to serve, on moisture and mold growth, the amount of energy that you use and money that you spend, and most importantly, on you, your family's and customers' health.

Don't ignore your HVACR system. It is a great big mechanical system, just like your automobile. You know that you need to keep your car tuned up and get your oil changed regularly. Your comfort system also requires regular maintenance from qualified specialists.

Ignoring your comfort system means it will break down more often, need replacement sooner, cost you more money throughout its shortened lifespan, and it might impact your health. Contact Cary Services today, so that we can share with you important information about the proper operation and maintenance of your indoor heating, cooling and refrigeration system.

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 | Chris McEntire, General Manager

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Can You Be A Good Mentor?

You know how important mentoring can be to younger or inexperienced employees. But how do you know if you're cut out to be a good mentor? Here are four key characteristics of an effective mentor:

- **Commitment.** Are you willing to dedicate the time and effort necessary to a mentoring relationship? You should already be involved in helping employees learn new skills and develop professionally.
- **Courage.** Do you have the courage to take risks, admit mistakes, and let others do the same? You'll have to tolerate the occasional error and use it as a learning experience, and at the same time teach your salespeople how to tell the difference between a reasonable risk and an unacceptable one.
- **Curiosity.** Are you hungry for knowledge? Don't limit your answer to professional areas. If you're always asking questions, trying to find out how things work and why, you'll be a good mentor.
- **Compassion.** Are you patient with others when they make mistakes? Do you try to understand situations from the other person's point of view? You can't be wedded to "right" answers and one-size-fits-all solutions. As a mentor, your job isn't to pass judgment but to create opportunities for insight and growth in other people.

More People Going Online For Play, Not Work

The Internet is a serious tool for work, communication and research. Right? In fact, these days it's mostly a place for people of all ages to have fun. Research by the Pew Research Center's Internet & American Life Project found that 81% of adults ages 18-29 go online for fun, along with 66% of adults 30-49, and half of the 50-64 age group. And all of these groups have doubled in size over the past 11 years.

Even among adults 65 years and older, with only 23% using the Internet as a diversion, the percentage has quadrupled in the past decade. The Pew researchers attribute the upsurge to the availability of broadband connections and the growth of social networking.

Creative Thinking Worldwide

Fifty-two percent of Americans consider themselves creative, but only 39% of Americans feel they're living up to their creative potential. That's one finding from a survey of 5,000 adults in the U.S., the U.K., France, Germany and Japan (1,000 participants each), conducted by the research firm Strategy One. Other findings include:

- 85% of Americans feel that creativity is the key to driving economic growth.
- 82% feel that the United States isn't living up to its creative potential.
- 62% believe that our nation's creativity is being stifled by our education system.
- 88% agree that everyone has the potential to be creative.

Time and money are the biggest obstacles, say Americans: 54% say lack of money prevents them from being creative, and 52% cite a lack of time.

Overall, Japan is seen as the most creative country (according to 36% of the survey's participants), with the U.S. in second place, named by 26%.

Interesting Weather Facts

- The fastest speed a falling raindrop can hit you is 18 mph.
- The coldest temperature ever recorded was -126.9 degrees F in Vostok Station, Antarctica.
- The typical lifespan of a small cumulus cloud is between 10 and 15 minutes.
- A molecule of water will stay in the Earth's atmosphere for an average duration of 10-to-12 days.
- Snowflakes falling at 2-to-4 mph can take about one hour to reach the ground.

Which of the following is actual legislation enacted by Congress?

Trivial Pursuits

- 1) Which outfit sold Teddy Roosevelt snake-proof sleeping bags for a 1908 safari?
a) L.L. Bean
b) Abercrombie & Fitch
c) Eddie Bauer
d) Lands' End
- 2) Ayn Rand thought which habit symbolized man's control over nature?
a) Smoking
b) Whistling
c) Whittling
d) Drinking
- 3) Which professional sports league records a forfeit as a score of 9-0?
a) NFL
b) NBA
c) MLB
d) NHL
- 4) It's not too surprising that Dr. Seuss was an avid collector of whimsical what?
a) Belts
b) Hats
c) Sunglasses
d) Watches
- 5) Which of the following is actual legislation enacted by Congress?
a) Committee Reduction Act
b) Meeting Reduction Act
c) Paperwork Reduction Act
d) Speeches Reduction Act

—from *mental_floss*

Answers: 1) b 2) a 3) c 4) b 5) c

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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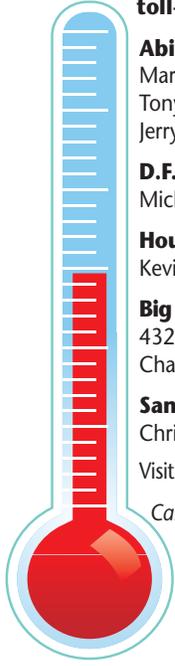
Charlie Beall, General Manager

San Angelo: 325-994-2580

Chris McEntire, General Manager

Visit us today online at www.caryservices.com

Cary Services is the proud recipient of the Better Business Bureau Torch Award (2005) for Marketplace Ethics



Our Customers Say It Best . . .

"I have been in the restaurant business for over 20 years. When it comes to servicing and maintaining my HVACR equipment, Cary Services is the most thorough company I have ever used. Attention to detail is very impressive. The technicians are knowledgeable, professional and exhibit a genuine concern in what they do."

—Chris Allan, GM
Golden Corral, Grand Prairie, Texas

"I have used Cary Services to perform PM and service my HVACR equipment for over five years now at two different locations. Their level of service and professionalism is most impressive. For me it's all about the technicians and the service."

—Patrick Terry
Big Burger, Hudson Oaks, Texas

"Just wanted to send you a short note of appreciation for the high level of HVAC service your team has provided us in the new Big Spring office. Your staff is knowledgeable and professional."

—Jim Boden, Manager
Linn Energy

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.



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