

Press In Print



News and Information from the President's Office assembled by Dale Galusha and Lyn Crabtree

July 3, 2018

Updates . . .

Wahooz Fun

Since tomorrow is a holiday, we're publishing PIP just a little early. Here are a few pictures of the fun we had at Wahooz! Do these folks look familiar?





July 4 Payday Holiday

We probably don't need to remind you that tomorrow is the 4th of July holiday, and Thursday we will use another of our holidays to make a nice long weekend. But while we will process payroll as normal, your bank will be closed tomorrow, therefore your funds will not be available at your bank until Thursday, July 5. Payroll checks will be mailed to your home. Advice slips will be distributed on Monday, July 9. – Human Resources

Red Cross Blood Drive

Summer is in full swing, and so the Red Cross reminds us that the need for an adequate blood supply increases dramatically during the summer. You can "Make Someone Whole Again" by your donation during the Red Cross blood drive here at Pacific Press next Tuesday, July 10, from 10:00 AM to 4:00 PM.

Please contact Kelly Lewis in HR to schedule your donation appointment today.

I.T. Equipment Sale

IT has 9 Dell server-class machines for sale that were servers at the ABC stores when they were managed by Pacific Press. The servers were functional prior to having the hard drives securely wiped. Configurations vary. Sale is by sealed bid. The equipment may be viewed in the small room near the elevator door on 2nd floor.

Please note the following:

- NO operating system or other software
- NO keyboard or mouse
- NO monitor
- NO IT after-sale support
- Sold on an "as is" basis
- All sales are final
- Please submit sealed bids to Finance by 12:00p on Thursday, July 12

– Ed Bahr, IT Director



Safety First: Exercise Safety

With the walking competition to Camino de Santiago off to a great start, this might be a good time to share some exercise safety tips.

Avoid injuries:

- Be aware that increasing the speed of any exercise can increase the risk of injury.
- Avoid or modify any exercise that causes you pain. The old adage, "no pain no gain" is not always a healthy rule to live by.

- Injuries need rest—working through the pain will cause more damage to soft muscle tissue, and cause healing to be delayed.

Watch out for exercise activities that could be harmful:

- Exercise that involves fast or repetitive twisting.
- Bouncing while stretching—bouncing to try to stretch a muscle further can result in the tearing of muscle tissue. Instead of bouncing, try a slow sustained stretch, holding it for 10 to 20 seconds.
- Avoid standing toe-touches with the legs straight. Adding a twisting motion to a toe touch can also damage joints.

When to stop exercising immediately and seek medical help:

- If you experience pain or discomfort that could be an indication of a heart attack.
- Extreme breathlessness.
- A very rapid or irregular heartbeat during exercise.

Summer heat also introduces another hazardous element for outdoor activities in the form of dehydration. Always prepare ahead of time and hydrate your body by drinking plenty of water hours before you exercise. One of the first symptoms of dehydration is fatigue and loss of performance, which can lead to heat exhaustion or heat stroke. Take some water with you on the trail—stopping for breaks and drinking more will help you maintain full hydration.

Walking is a great low impact way to exercise, but even if you haven't joined the competition, set aside some time to walk, bicycle, or whatever you choose to do, because exercise can be a rewarding experience! —Michael Fifer, Safety Director

Thank you from the Sayles family

Thank you for the beautiful flower arrangement after Gary's passing. Your prayers and kindness were very much appreciated.

- Vi, Derek and Diana Sayles



Dateline . . .

July

2	NO CHAPEL
4	PAYDAY
4	(WED) INDEPENDENCE DAY, PPPA Holiday
5	(THU) Use PPPA Holiday
9	Chapel—Bruce Fenner, Chairperson
16	Chapel—Camden Ross, Chairperson
18	PAYDAY
23	Chapel—
30	Chapel—IT/Computers; Ed Bahr, Chairperson

August

1	PAYDAY
6	Chapel—Pastor Steve DeLong, Eagle Church
13	Chapel—NO CHAPEL; Special Board Chapel Thursday, August 16
16	Special Board Chapel, Elder William Winston, Speaker
20	Chapel— Safety; Mike Fifer, Chairperson
15	PAYDAY
27	Chapel— Product Dedication, Robert Congleton, Chairperson
29	PAYDAY