



FEATURED SITE

ABC IMAGING TYSONS, VIRGINIA SHOP

The ABC Imaging Tysons shop, located in the heart of the rapidly expanding city center of Tysons Corner; fosters a constant flurry of clients. The motivated and talented team answers the ever growing demand for quality printing services.

For nearly three decades the Tysons shop has been providing excellent services to the architecture and engineering communities, expanding its lineup of products beyond blueprints. Today, the team of printing artisans offers a wide range of

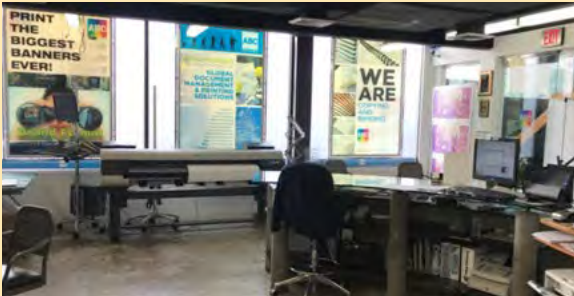
products, including marketing signage, large format prints, scanning, xerographic prints, technical manuals and much more. The store has also broadened its creative and strategic services to include technical consultation and graphic design.

This small team at the Tysons shop treats success as a product that flourishes from dedication and teamwork. They are always ready to provide assistance to other shops when called upon, and in return receive much friendly support from other shops in times of need.

This is an outstanding family of artisans who continue to *impress every client, every time.*



Outside of the Shop



View from Behind the Desk



Front Desk



Pictured left to right: Selvin Munoz, Adel Elebaid, Tran Phong, Delila Sayed, Seyed Mousa Mirgharavi, Jose Delfin, and Tesfaye Asfaw

- 2 ABC TYSONS & HIGHLIGHTS
- 3 FACES OF ABC
- 4 ANNIVERSARIES/ BIRTHDAYS
- 4 WELLNESS CORNER

HIGHLIGHTS

Have any suggestions or people you'd like to see in the newsletter? Send your recommendations to hr@abcimaging.com!

THANKSGIVING MESSAGE FROM MEDI FALSAFI, CEO & PRESIDENT



To the entire ABC Imaging, Peeq, Nicholas Development, and JKB family:

I would like to wish you and your families a very happy Thanksgiving and holiday season. As we approach the end of the year I would like to say thank you for all of your hard work and dedication you have provided throughout the last year. I am incredibly grateful for your commitment to the success of the business on a daily basis. We have accomplished tremendous things together during the past year and we will strive to do so in the year to come. Working with all of you is a great joy and I appreciate your strong work ethic, creativity, constant persistence, and high standards for our clients as we work together to impress every client every time. I wish you and your families a joyful, abundant Thanksgiving filled with bright moments.

Medi Falsafi
CEO & President

ABC CELEBRATES EXPANDED MANAGED PRINT SERVICES (MPS) PARTNERSHIPS

- **ABC Imaging** and **Michael Baker International** have extended our nationwide partnership until November of 2020.
- **HNTB** has renewed their contract with ABC Imaging. We are looking forward to three more successful years of exclusive partnership.

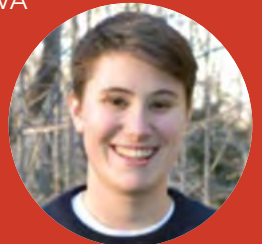
ABC IMAGING YOUTUBE CHANNEL

Be sure to check out the **ABC Imaging YouTube channel!** New videos are added all the time.

<https://www.youtube.com/user/ABCImagingHQ>

★ ★ SPECIAL ANNOUNCEMENT ★ ★

Congratulations to Olivia Branch who was recently promoted to Customer Service Manager in our Alexandria, VA Grand Format Division. Thank you for all of your hard work!



FACES OF ABC



MARIE ASKEW, *Client Relations Specialist Atlanta, GA*

Before coming to ABC in 2009, Marie was a site manager for IKON Office Solutions. She enjoys family time, shopping, dancing, and grilling out. Her favorite part of her job is customer service and making sure that every client is pleased at the end of the day. Marie is very friendly and outgoing. In her spare time, she also enjoys going on cruises and decorating.



LAURA SAPUTO, *Customer Service Representative, Carlstadt, NJ*

Before coming to Peeq, Laura worked for Swatch group as a supervisor for several years. When she is not working, she likes to take her nephews to the park and read fictional books. Her favorite part about working at Peeq is the close knit, family environment. Laura is particularly grateful for the impact that one of her coworkers, Julian Settles, has made on her. A fun fact about Laura is that she started a year ago as a receptionist and a month later was promoted to Customer Service Representative.



MANI (RAVINDRAN MANIKANDAN), *Director - Sales & Business Development, Dubai*



Before joining ABC Imaging in Dubai, Mani was Deputy General Manager in Sales & Marketing at UCF. In his spare time, he enjoys spending time with family and playing badminton. Mani's favorite part of his job is meeting new clients because it gives him the energy and information that he needs to generate new ideas. He feels it is important to spend time with colleagues outside of work because it makes them closer as a team.

FEATURED JOB OPENINGS AT ABC IMAGING!

Refer a friend and put some cash in your pocket! When your referral reaches 6 months tenure at ABC Imaging you can receive up to \$200!

We are currently looking for highly skilled employees in the following fields:

- **Finishing Specialist** - Santa Fe Springs, CA
- **Graphics Installer** - Alexandria, VA
- **PHP Developer** - Carlstadt, NJ
- **Major Account Manager** - San Francisco, CA

Check out the full listing at: hrportal.abcimaging.com. When referring a candidate, please be sure they put your name on their application. Send a note to careers@abcimaging.com to let our recruiting team know to look for your referral.

ANNIVERSARIES / BIRTHDAYS



Anniversaries

David James	30	Harvey J. Schneider	2
Anthony Perez	18	Jessie I. Brown	2
Bobby Maze	18	Jose F. Barata	2
Magdalena Bantigue	17	King Jin	2
Nadir Jusufbegovic	16	Lyndon P. Ong	2
Jose A. Santiago	10	Michael J. Colecchia	2
Ana E. Tejera	9	Peter Levendos	2
Reji Joseph	8	Sergey Tsytsylin	2
Bobby Coney	7	Vanessa Lennon	2
Kia Clay	7	Warren E. Mills	2
James Courchene	7	Ysmael P. Hufana	2
Girma A. Hagos	6	David R. Willis	1
Thomas R. Ashley	6	Doug M. Van Zee	1
Ya Wang	6	Edgar K. Garcia	1
Matthew J. Revezzo	5	Herman D. Pineda	1
David J. Kerr	4	Jason Comentale	1
Donald F. Long	4	Leslie W. Hudson	1
Don A. Rae	4	Marivic U. Arano	1
Eugene A. King	3	Michael D. Banas	1
Carlos D. Melendez	2	Nicole A. Mohney	1
Daniel T. McNeill	2	Snijil Vallinakunnel Sabu	1
Desean Bloomfield	2		



Birthdays

Kenneth Holmes	11/1	Ayana N. Torres	11/17
Maria Hazel Ardanas	11/1	Thomas R. Ashley	11/17
Bobby Coney	11/2	Timothy Sachs	11/17
Derrey Horn	11/2	Hugh G. Mantooth	11/18
Senai W. Sium	11/2	Jimmy Gonzalez	11/18
Kevin Benjamin Billy Graham	11/3	Jose Delfin	11/18
Charles Niamkey	11/4	Antonio Izaguirre Jr.	11/19
Laurene T. Femister	11/4	Santiago Lee Canals	11/19
Brian W. Hamilton	11/6	Leonardo Barit	11/20
Kia Clay	11/6	Otis C. Oliver	11/21
Celia Ponce	11/8	Robert J. Johnston	11/21
Dominador Badua	11/8	Steve Perkins	11/21
Jose Moses Santiago	11/8	Delila Sayed	11/22
Kallie M. Jeffries	11/8	Frank Fiordalisi	11/22
Sherwin Gabasa	11/8	Isaac Castro	11/22
Gregory R. Ball	11/9	Johnny C. Gaona	11/22
James Thor	11/10	Misung Kim	11/22
Melvin Julian	11/11	Alena P. Kazhala	11/25
Sanjeela B. Allauddin	11/11	Rosie Askew	11/25
Theodore M. Bohrer	11/12	Don A. Rae	11/26
Walter Krupczynski	11/12	Kevin Benston Armentrout	11/27
Mohammed Kutty Rysil Kadavil Bhavan	11/13	Sherry Whelan	11/27
Asim Padh	11/14	Ferris A. Barber	11/28
Charles A. Roberts	11/14	Manuel A. Rios	11/28
Timothy Turbeville	11/14	Gregory J. McCullom	11/29
Samir Hakim	11/15	Kevin Hamilton	11/29

WELLNESS CORNER

HOW TO KEEP YOUR HEART HEALTHY AND YOUR WAISTLINE TRIM AT HOLIDAY MEALS

Trimming the fat, eating fruits and vegetables, and increasing exercise can help keep you healthy at holiday meals.

Holiday meals, with turkey or ham and all the fixings, can turn the dining room table into a highfat smorgasbord. As tasty as they are, these feasts can make your arteries groan. The typical holiday meal is laden with fat: gravies made with meat drippings, mounds of creamy mashed potatoes, your favorite pies. In fact, American adults usually gain one to two pounds each year, including slightly less than one pound during the holidays alone. That gradual weight, year after year, can raise your risk of serious health problems, such as diabetes, arthritis, and cardiovascular disease. Studies also show that fats - especially those found in fatty meats and cheeses, vegetable shortening, margarine, and some oils - can clog the arteries and contribute to heart disease.

Transforming high-calorie holiday fare

A traditional holiday dinner of turkey, stuffing, other dishes, and desserts can exceed 2,500 calories and 130 grams of fat. That's just for one meal. This is more calories and fat than you should consume in a whole day. But, there are ways to de-fat holiday meals and keep your arteries and your taste buds happy. Here are some tips:

- **De-fat your gravy.** Two tablespoons of regular gravy contain about 4 grams of fat - and most people pour on more than that. Try pouring meat drippings into a container ahead of time and then refrigerating. The fat rises to the surface so you can peel it off.
- **Un-stuff the stuffing.** One benefit of this is that the stuffing does not absorb all the fat from the bird. Also, the inside of the bird gets cooked more thoroughly, killing any salmonella that may be present. Also, try adding nuts and fruits instead of sausage or turkey giblets in your stuffing.

- **Nix the butter.** Try adding a little brown sugar, cinnamon, and nutmeg to your sweet potatoes instead of butter. Bake them in a nonstick baking pan.
- **Remove the skin.** A 3 1/2-ounce serving of roast turkey breast with skin has 197 calories and 8.3 grams of fat. Without skin, it has 157 calories and 3.2 grams of fat.
- **Make a single-crust pie.** There's no rule that a pie has to be double-crust. Most of the fat in pies is found in the crust. Roll the crust a little thinner if you use a store-bought crust. Fruit pies are lower in fat than a pecan pie.
- **Bring out the fruits and vegetables.** Focus on pumpkin, carrots, sweet potatoes, or other orange vitamin-packed vegetables. Greens such as broccoli, spinach, and collard greens all pack vitamin power too. Serve colorful raw veggies with low-fat dip as an appetizer.
- **Make smart substitutions.** Use fat-free, low sodium chicken or vegetable broth to moisten dressing. Use olive oil in place of butter or margarine. Mash potatoes with nonfat sour cream and low-fat milk. Use fat-free nondairy creamers or evaporated skim milk instead of cream when you bake.
- **Don't starve yourself until dinner.** Have a healthy breakfast so you don't load up at the big meal. When you sit down to eat, try just a little bit of everything and go easy on second helpings and dessert.