



NEWSLETTER

AUGUST 2017



FEATURED SITE

ABC IMAGING DEVELOPERS/QA ENGINEERS IN ADDISON, TX

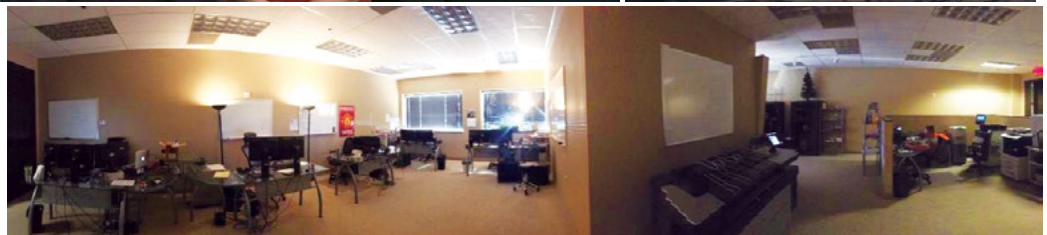
Located in **Addison, Texas** is the 2,000 square foot office of one of ABC Imaging’s developer/QA engineer teams. This is a tight group of developers who work hard to deliver the most cutting-edge software by emphasizing agile development methodologies . They work with managers at Headquarters using several different remote connection tools to ensure all projects are transparent and visible at any given time. Due to the Addison team’s hard work, ABC Imaging does not rely on outside vendors for any tech help.

Every Friday, the group has a tradition of bringing breakfast to the office. There are no cubicles in the office, allowing them to be able to talk or walk up to each other and work closely. In addition, the group picked the location because it is on the first floor of the building and has its doors open to the parking lot which allows each printer delivery access. The team in Addison loves whiteboards; you will find them covering their walls as they brainstorm new ideas!

Left to right:
Ertan Zanagar,
Keith Henderson,
Alan Kohutek,
Ben Knoll,
Shawn Gresham.
Missing: Tyler Brown



Outside of building



Inside of office



HIGHLIGHTS

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

1

ABC CELEBRATES EXPANDED FM PARTNERSHIPS

CallisonRTKL and **ABC Imaging** will expand their partnership in Seattle during the third quarter of 2017. With 275 employees, this is the largest CRTKL office worldwide at the moment. Both firms are pleased with the completion of transitioning all Callison offices under global ABC MPS partnership.

BuroHappold Engineering has renewed the three year MPS contract with ABC Imaging to continue our successful partnership within their US offices.

2

THE VALUE OF LUNCH -N- LEARNS

The new sales Lunch-N-Learn initiative has created some major new opportunities.

Commodore Builders has agreed to a Lunch-N-Learn with marketing and project administration. This has the potential to lead to signage work and construction site VFMs.

A Lunch-N-Learn has led to discussion with **Elkus Manfredi Architects** about outsourcing to us for particularly high end specialty items.

We currently have a Lunch-N-Learn scheduled with the COO and Executive Team of **Columbia Construction**.

3

PEEQ IMAGING MAKES MAGIC HAPPEN



Inside of Peeq in Carlstadt, NJ

What, us panic? So... A big, big **Verizon** job needs to get out. Loads of tubes have to be prepared. Very few workers to get the job done. So, what do you do? Panic? No. Run around like your hair is on fire? No. Scream? No. You put out a call for help. Something like a Mayday - the internationally recognized distress signal - but in this case it was a Juneday call. And people responded. Managers and Department Heads either volunteered to help or freed up someone from their group to run over and help. **Michael LaRaia** wants to thank each and every person who helped out that day! Not everyone is pictured but you know who you are.

4

MARKETING TEAM DEVELOPING ABC IMAGING VIDEO LIBRARY

Lauren Schild, the newest member of the Marketing Department, is in the beginning stages of developing what should become an extensive ABC Imaging video library. Initial videos focus on ABC offerings and services for the purpose of self-paced training and will expand into short videos for social media and external purposes to maximize marketing efforts. Please look out for further announcements to be made once videos are made available companywide!

Please check out our corporate culture video, "**ABC Imaging: Let Us Impress You,**" at <https://youtu.be/rjGubh5mral>



*Lauren Schild
Video Production
Specialist*

FACES OF ABC



SEAN GOUGH, FM Manager, Canada

Before joining ABC Imaging in 2013, Sean had worked in Alberta since 1991 as a blueprint operator and in various other departments including quality control and shop manager. He enjoys reading, cooking, playing music, singing, drawing and acting (he has been doing skit comedy in a variety show for charity the last four years). His favorite part of his job is customer service. There's a certain amount of satisfaction he gets from giving people what they want and seeing how pleased they are with the results. Also, Sean won first place in the office pie contest (dark chocolate salted caramel Oreo pie)!



Dark chocolate salted caramel Oreo pie



AARON BENTON, Systems Administrator, HQ

Joining ABC Imaging in August of 2016, Aaron comes to us with a strong background in the IT field where he worked for an IT Service Business in Kennebunk, Maine. During his spare time, Aaron is busy exploring the new state he lives in (VA) with his wife, Stephanie, and dog, Kenzi. His favorite part of his job is the variety of projects he works on from day to day. It is always something new. Aaron also has an announcement...he is going to be a first time father in the fall as he welcomes his daughter into the world! *Congratulations, Aaron and Steph!*



JOHN SCOTT, 3-D Specialist, Washington, D.C.

Before joining ABC Imaging in October of 2016, John was working for the University of Baltimore in the 'UB Gamelab' as a digital 3D modeler creating ships for an educational virtual reality simulation of the Chesapeake Bay. In his free time he enjoys continuing his digital 3D modeling work. He also enjoys going sailing, taking courses to expand his skillset, and spending time with friends out in the DC/Rockville area. His favorite part of his job by far is seeing the finished 3D printed models finally come together ready to be shipped off to customers, especially the large and often intricate multi-tiler orders. He always finds it incredible how much detail the printers can produce to help provide more realism to the models. A few fun facts about John are that he is a certified lifeguard and an ordained minister with the Universal Life Church (and married his cousin to her husband in March). He also likes to travel and has been able to visit the Bahamas, Costa Rica, Puerto Rico, France, and Ireland.



One of John's Virtual Reality Simulations

FEATURED JOB OPENINGS AT ABC IMAGING!

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

- **Commercial Construction Project Manager** - Alexandria, VA
- **Help Desk Specialist (AutoCAD experience required)** - Alexandria, VA
- **.NET Software Developer** - Addison, TX
- **Staff Accountant** - Alexandria, VA

Remember, if you refer a friend you can receive a bonus for your efforts. Once your referral reaches 6 months tenure at ABC Imaging you can receive a bonus of \$200 or \$400 depending on the position! Check out the full listing at: hrportal.abcimaging.com. When referring a candidate, please be sure they put your name on their application. Also be sure to send a note to careers@abcimaging.com to let our recruiting team know to keep an eye out for your referral.

ANNIVERSARIES / BIRTHDAYS



Anniversaries

Charles Niamkey	17	Mojtaba Yazdanpanahlari	3
Shahabudeen Khan	16	Catherine L. Wyatt	3
Eduardo Ang	13	Salem Al Hamed	3
Joseph Henry	13	Joel Johnson	2
Donald Cody	12	Tommy D. Myrick	2
Nina Moskalenko	12	Emad Eldien Mohamed	2
Ramon Trevino	11	Virender Singh	2
Mahandra Singh	11	Yamel Perez	2
Billy Shafer	11	Razul Theen Hassan	2
Selvin Munoz Machado	11	Jason P. Castanares	2
George Ressler	10	Joshuah A. Laird	2
Sheik Insanally	9	Martha Canizalez Pernia	2
Sarah Berkedle	9	Chloe E. Yates	2
Engel Gil Ortiz	9	Anthony S. Twigg	1
Rosie Askew	8	Terence L. Lawrence	1
Carlos Valdes	8	Brian A. Akey	1
Hector Morales	8	Katrina M. Bell	1
James Christiance	7	Manuel A. Rios	1
Jimmy Gonzalez	7	Xavier A. Cedeno	1
Julio Chevestt Jr	7	Juan P. Garzon	1
Thomas Finnegan	7	Kevin Hamilton	1
William Garcia	7	Trung T. Nguyen	1
Dineer Bahar	7	Aaron C. Benton	1
Gerald Tomosada	6	Phong C. Tran	1
Jesse Shanks	6	Mohammad Qadri	1
Jonathan Mason	6	Stephen D. Mizrahi	1
Ariel Jerez	6	Eric T. Scheffinger	1
William Soto	5	Jeffrey J. Burk	1
Sean Gough	4	Laura C. Saputo	1
Haris Koyakkott	4	Anna E. Schweiger	1
Gaurav Pathare	4	Kendra K. Cotton	1
Jeffrey A. Gering	3	Kenneth A. Smith	1
Phong C. Nguyen	3		



Birthdays

Sulaiman Sannoh	8/1	Ramzi Sherif	8/14
Amirreza Mir Gharavi	8/1	Jesse J. Banelli	8/16
Girma Lakew	8/1	Allan B. Cerkan	8/18
Darah L. Urso	8/2	Raul Sanchez	8/18
Julian Settles	8/2	Daniel Iyassu	8/18
Victor H. Espericueta	8/5	Michael S. Puskar	8/18
Domenico J. Mazzaglia	8/5	Terrence L. Allison	8/18
Haymanot Shashie	8/5	Chowdhry Mustafa	8/19
Prakash Nimmana	8/5	David J. Kerr	8/19
Joel Johnson	8/7	Michael Weisend	8/20
Michael J. Harvey	8/7	Leslie A. Brandt	8/20
Joseph A. Bruni	8/8	Shamzad Baksh	8/20
Alan R. McArthur	8/8	Clifton Seaton	8/21
Jewel A. Hendrix	8/9	Ronald Wanzer	8/21
Fe L. Caina	8/10	Geovanni Herrera	8/24
Linda K. Thompson	8/10	Sarah Berkedle	8/24
Melaku Berkan	8/10	Shamarr J. Bales	8/24
Bashir Khan	8/11	Desmen D. Kirkland	8/25
Gilbert Ebling	8/12	Mojtaba Yazdanpanahlari	8/29
Helena Ayalew	8/12	Eduardo Ang	8/30
Justin D. Schimmel	8/12	Ramon E. Soto	8/31
Reinaldo Campos	8/13	Frank R Turoski	8/31
Angela M. Meyer	8/13	Herson Maneja	8/31
Chelsea C. Stearns	8/13	David J. Rhee	8/31

WELLNESS CORNER

MINOR DEPRESSION (DYSTHYMIA): LIVING UNDER A GRAY SKY

What are the symptoms?

Dysthymia is more than just feeling sad or “blue” for a while. It is diagnosed if a person has a depressed mood most of the time for at least two years that occurs with at least two of the following:

- Lack of appetite or overeating
- Sleeping too little or too much
- Low energy or fatigue
- Low self-esteem
- Trouble concentrating or making decisions
- Feeling hopeless

What causes it?

Like major depression, dysthymia runs in families, so it is probably partly the result of inherited genes. It can also be brought on by trauma, stress or isolation. Dysthymia often starts during childhood or the teen years, but it may start in later life. It's more common in women than men.

How is it treated?

The same treatments that are used for depression can be used to treat dysthymia. These include:

Antidepressant medication. Antidepressants called SSRIs (such as Prozac and Paxil) or tricyclics (such as amitriptyline or desipramine) are often prescribed for dysthymia. It may take several weeks to see results. Dysthymia is a chronic condition, so it often requires long-term treatment. If medication is stopped too soon, the depression may return.

Psychotherapy. Cognitive-behavioral therapy and interpersonal therapy may be used to treat dysthymia. Cognitive-behavioral therapy can help identify and correct negative thought patterns. This can improve your outlook and sense of self-worth. Interpersonal therapy can help you improve relationships and roles that may have added to your depression. Combining medication with psychotherapy may give the best results.

NOTE: Anyone being treated with antidepressants, particularly people being treated for depression, should be watched closely for worsening depression and for increased suicidal thinking or behavior. Close observation may be especially important early in treatment or when the dose is changed (either increased or decreased). Discuss any concerns with your doctor.

NOTE: SSRI antidepressants, such as sertraline, citalopram and paroxetine, may slightly increase the risk of congenital heart defects if taken during the first trimester of pregnancy. Discuss the benefits and risks of antidepressants with your doctor if you are pregnant or plan to get pregnant. Do not stop taking these medications without first talking to your doctor.

What can I do to feel better?

It may take a while for treatment to help you feel better. But there are steps you can take right away to help push back depression:

- **Get some physical activity every day.** Exercise can help fight depression, give you more energy and help you sleep better. Always check with your doctor first before you increase your activity level.
- **Eat a healthy diet** that's low in fat, salt and sugar.
- **Limit or avoid alcohol.** It can make depression worse.