

Virtual Reality

April Celebrations

April 4th Monica's Birthday

April 8th Benjie's Birthday

April 14th Catherine's Birthday

April 16th SharP's Birthday

April 19th Bianca's Birthday

April 19th Jodi's 7th Anniversary

April 25th Rudy's Birthday

Announcing

our March

Employee of the Month!

Catherine Huston

Congrats, Cat!!

CAT'S CHRONICLES

So, some of you know that Cotton, my tiny Bishon dog writes an advice blog for other dogs in the neighborhood. Today I thought I would share a couple of her latest advice-seeking letters. These advice questions are usually sent in anonymously by unknown breeds of dogs.

Question: " Hey Cotton, my girlfriend (a spunky little Yorkie) keeps pressuring me to put a collar on her and get married. I don't think I am ready for the commitment of sharing a dog bed and all that. What should I do?"

Answer: Best advice for you is to be honest and tell her the truth. Tell her you aren't "fixed" yet and you feel like you still want to play the field (or dog park) and keep sniffing around.

Question: "Please help me Cotton. My husband who is a Bulldog and I work together. I think he acts flirty and is sniffing around some of the other small female dogs at our workplace. How can I get him to stop?"

Answer: That's an easy answer: Just tell your Bulldog husband that there are a lot of other Bulldogs, and Big Dogs in the neighborhood and how would he like you to go sniffing around? I think that will stop him in his tracks!

Have a great week Dog Friends and remember "Don't eat yellow snow!"

Your friend, Catherine

Getting to Know You!

Michelle Belnap

Start date: May 14th, 2018!

Our February Employee of the Month!

I was born in my parents' home in Brigham City Utah on September 20th, 1982, and I have lived within a 40-mile radius ever since. I am the 3rd oldest of 7 siblings and 3 adopted cousins (that were a part of our family for 10 years). Hence, family is a big part of my life! And even though I have not been blessed with any children of my own, that hasn't stopped me from spoiling my 4 nephews and 2 nieces any chance I get :)

My school years were a little unconventional. As an 11-year-old I was taken out of public school and started part-time private school/ part-time home school. At 14 I started taking classes at the public Jr. High (middle school) to subsidize my homeschooling. By the time I was 17 I was taking classes in high school and doing online college courses.

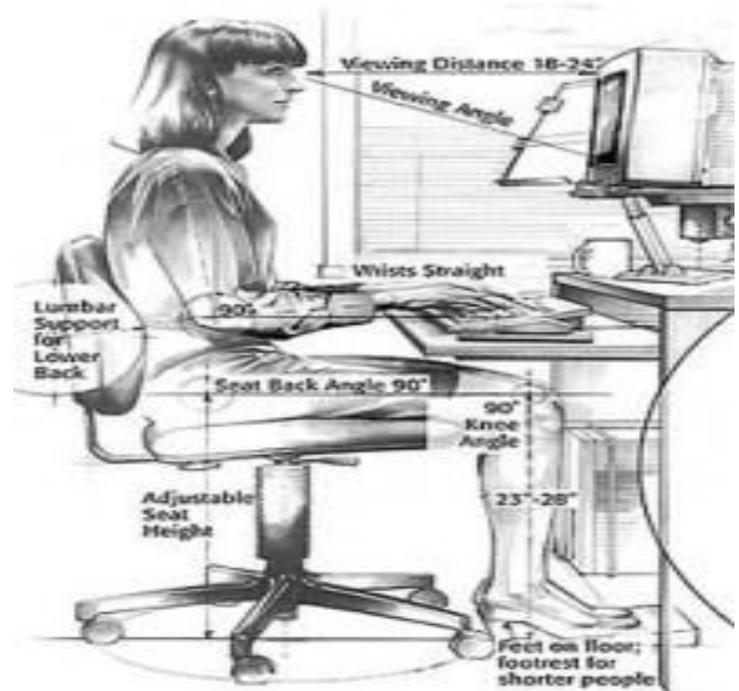
My career path started in the floral design industry and I continued in that for a while before I decided I needed to expand my horizons. Since then I have gained experience in a number of different areas, but I still love to design arrangements for weddings, funerals and other events for family and friends.

I love spending my free time camping and hiking in the mountains that are practically in my own backyard, curling up with a good book or movie, or just hanging out with family. I have always loved history, travel and the arts. As often as we can, my friends and I go on road trips across the US or on mini vacations to see the beautiful country or a great theatre production.

Life is a beautiful and grand adventure!! Thank you, ST family for being a part of it!



Optimizing Your Computer Work Station



In regard to sitting posture, an individual's head, neck, shoulders and arms should be balanced and in line with the torso. The seat back should be angled at 90 degrees. Ideally, there should be lumbar support for the lower back.

The workstation user should be able to sit with relaxed shoulders in their chair. Raise or lower chair armrests so that forearms can be placed at a 90-degree angle to the upper arms. The chair's seating height also is important. Knees should be angled at 90 degrees (though up to 105 degrees is agreeable), allowing feet to rest flat on the floor. Some individuals may need to slant their seats or use a footrest as an aid to properly position their feet.

Workstation desktops should also allow the user to rest their forearms, wrists and hands at angles of 90 degrees to 100 degrees. Wrist and palm rests are helpful. Also, keyboard trays offer an alternative when desktops are too high, as they are custom-fitted according to the user.

The top of a computer monitor should be at or just below one's eye level. The monitor should be positioned directly in front of the user and at a distance that prevents the user from having to twist, bend his or her neck, or assume an awkward posture in order to view the screen properly.

Position the screen to avoid reflecting glares from windows and other lighting sources. Users might add a screen glare filter or angle their screens downward to reduce glare.