

F. Y. I.

A Monthly Newsletter to Inform and Entertain Our Clients

Farewell to Summer

A large background image of a sunset over the ocean. The sun is low on the horizon, creating a bright glow and a shimmering path of light across the water. The sky is filled with soft, golden clouds.

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My Saddest Time of Year

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The Sun Sets Once Again on Summer

It saddens me. My favorite time of year is coming to an end. I enjoy summer because I love warm weather. I am probably one of the few people that walk out of a chilly air-conditioned restaurant or store into 90° heat and actually say, “oh, that feels good”.

The weather this summer in my part of Connecticut was fantastic, with temps in the 70's and 80' nearly every day. I pulled up a temperature chart to confirm, and as I suspected, during the month of August, we didn't have even one day in the 90's! And, only one in July! We certainly didn't have the typical heat wave.

Most nights, we had a cool breeze coming through our bedroom window. It was great for keeping down those utility bills as we didn't need to run the A/C often.

But, for those of us who enjoy warm water in the swimming pool, this summer was sort of a bust. My pool is heated purely by the sun. Last year, it reached about 86°. This year, it hit 80° in late July and then fell into the mid-70's throughout August. Cool nights and rain were the culprits.

Perhaps, the real reason I hate to see summer end is that it reminds me that fall, with the seemingly never-ending leaf cleanup, followed by winter and mountains of snow, are just around the corner. We've already heard the predictions that this winter is going to be severe. Indeed, as I was writing this, parts of South Dakota were receiving an inch of snow! Where is the mythical Global Warming when we need it?

So, I plan to enjoy every remaining moment of sun and warmth before I hunker down indoors. Oh, how I envy those of you in the milder climates that have to endure only brief, less intense winters!

Train Your Brain

Did you know that by age 42, our brains are beginning to “power down”. It's true! I ran across an interesting whitepaper from the Center for Brain Health at the University of Texas at Dallas.

The report explains how and why much of our Brain Drain occurs in our workplace and what you can do to make your brain smarter by changing your habits. I thought I'd reprint some of the report here.



In a healthy brain, cognitive decline occurs because we let it. Science is now showing that unhealthy habits and workplace culture are key culprits for unnecessary cognitive decline. These common workplace-driven happenings are definite brain-drainers.

- **Cubicle Chaos** - Office designers envisioned cubicles as field-leveling, productivity-boosting, creativity-enhancing workspaces fit for dynamic idea generation. Instead, cubicles sabotaged the quiet peace of individual work environments, preventing focus and thus zapping productivity and efficiency.

- **Unfocused Meeting and Unproductive Conference Calls** - Too many meetings and lengthy conference calls take place without clear goals and focused agendas. The time drain derails an individual's workflow that would be better spent accomplishing actionable items that advance strategic objectives and long-term goals.
- **Too Many People** - Gathering everyone's opinion on a project can trick us into believing that we are building a consensus, but in reality the true problem is not being solved and the time wasted is unnerving. To expedite the process and reduce stress, only include the most relevant team members who are best equipped to evaluate the situation and contribute to the final decision. You will save brainpower and cut economic costs when you ask yourself: "Who is 'really' present and engaged?"

The report also points out that habits such as immediately responding to email, texts, phone calls, etc., multitasking, being exposed to an overabundance of information, trying to remember too much, cruising through life on autopilot and too much mental work also lead to **Brain Drain**.

If what you read intrigues you, and if you want to learn what you can do to take your brain back to health, call me and I'll send you the full report.

Make This Machine Work!

A young executive was leaving the office late one evening when he found the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen", said the CEO, "this is a very sensitive and important document here and my secretary has gone for the night. Can you make this thing work?"

"Certainly" said the young executive. He turned on the machine, inserted the paper and pressed the start button.

"Excellent, excellent!" said the CEO as his paper disappeared inside the machine. "I just need one copy."

Monthly Quotes

"When obstacles arise you change your direction to reach your goal, you do not change your decision to get there" – **Zig Ziglar**

"The secret of happiness is to count your blessings while others are adding up their troubles." – **William Penn**

"You will never find time for anything. If you want the time, you must make it." – **Charles Buxton**



MARK YOUR SEPTEMBER CALENDAR...

September 4 National Wildlife Day
September 7 Grandparent's Day
September 13 National Peanut Day
September 16 National Guacamole Day
September 18 Air Force Birthday
September 21 - Wife Appreciation Day

National Waffle Week –
September 1 - 6
 Constitution Week –
September 17 - 23
 National Indoor Plant Week
September 21 - 27

Bourbon Heritage Month
 College Savings Month
 National Prostate Cancer Awareness Month



Power Up With Our New Liebert MPH2 Rack PDUs



MPH2 is the most intelligent, high-availability line of rack PDUs available and it has the lowest power consumption of ALL switched rack PDUs!

The all new Liebert MPH2 rack PDU line is here! MPH2 is the most intelligent, high-availability line of managed rack PDUs. It offers remote monitoring and control capabilities, environmental input options, multiple power input selections and output configurations and allows data center power control down to the receptacle level. MPH2 also includes monitoring of the strip and environmental input options, such as rack temperature and humidity.

MPH2 offers the *industry's leading operating temperatures*, up to 60°C/140°F, ensuring availability even in the harsh environment at the back of the rack.

MPH2 is available in the following four versions:

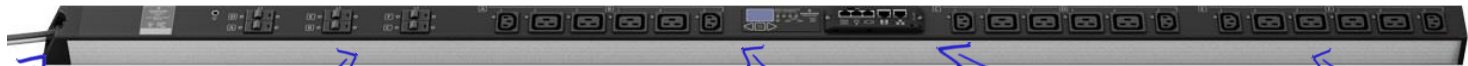
- Outlet Level Metered & Switches
- Outlet Level Metered
- Rack PDU Metered & Outlet Switched
- Rack PDU Metered

MPH2 Benefits:

1. **Monitors electrical and environmental parameters** with set threshold and alarm tools
2. **Controls and manages individual receptacles** and/or groups of loads and devices
3. **Allows you to predict failing conditions** before they occur and proactively manage connected equipment for maximum uptime
4. **Energy and power metering** to maximize the data center power and cooling infrastructure
- * 5. **Lowest power consumption** of all switched rack PDU designs ensures lower operating costs for datacenter

The MPH2 also integrates with Avocent MPU, UMG, ACS, DSView 4, Liebert Nform, Liebert SiteScan and Trellis.

Take a look at what this newly redesigned PDU can do for you. Call me today!



Flexible Power
Cord Entry

Slim Profile
Breakers

Onboard
Display

Communication
Module

Multiple Outlet
Options

Bob VonSteen