



MRBraz and Associates, PLLC

COOL NEWS

Issue 2

Latest MRBraz News:

It's Official!
MRBraz is now a Licensed General Contractor in Utah.



MRBraz Website Updates: Rentals

There have been some subtle changes to MRBraz.com, specifically a Rentals addition to the Our Services drop down menu. More changes to come - so keep checking our website!



**Father's Day Ice Cream Party/
Luncheon: Friday, June 15**

Come cool off and satisfy your sweet tooth at our Father's Day Celebration June 15th! We are having an all employee Ice Cream Party from 11:30-1pm at our 2030 shop location. The ladies are asked to bring their favorite potluck meals/snacks if they choose.



****Please contact Carol Earman for head counts and meal details****

Bronze Partnership announcement on Ammonia21.com:

http://www.ammonia21.com/articles/8274/mrbraz_becomes_bronze_partner_on_ammonia21_com

Project Highlights: Menomonie DC

Packages: Delivery and Installation



Duct Work Assembly at 2030



Employee News:

Congratulations to Kevin Quinn for passing the Texas Professional Engineer Exam!





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Did you Know? Heat Can Kill



Summer is upon us and with it, so is the unrelenting Texas heat! It's important to recognize the symptoms of heat stroke that can sometimes mimic those of a heart attack or other conditions. Sometimes a person may experience symptoms of heat exhaustion before progressing to a heat stroke.

Signs and symptoms of heat exhaustion include:

- Nausea
- Vomiting
- Fatigue
- Weakness
- Headache
- Muscle cramps and aches
- Dizziness

However, some individuals can develop symptoms of heat stroke suddenly and rapidly without warning. Different people may have different symptoms and signs of heatstroke.

Common symptoms and signs of heat stroke include:

- High body temperature
- The absence of sweating, with hot red or flushed dry skin
- Rapid pulse
- Difficulty breathing
- Strange behavior
- Hallucinations
- Confusion
- Agitation
- Disorientation
- Seizure
- Coma

Prevention is the best approach, by drinking plenty of fluids, and wearing light clothing. However if you or you witness someone experience the above symptoms its essential to cool down as soon as possible by :

- Finding a shady place, applying cold/tepid water to the skin (such as spraying with a garden hose), fan to promote sweating and evaporation, and place ice packs under the arm pits and groin area.
- Offer cold fluids (no caffeine or alcohol) if person is able to drink
- It is always a good idea to contact emergency services 911

****Don't forget pets are in danger of heat stroke too!** If you must leave them outside for an extended period of time, make sure they have plenty of water to drink, and a shaded area to escape from the heat and sun!!**

Letter from the President:

Second Law of Thermodynamics applied to our lives.

The first thought I get from my grandkids when I start with this topic is "can I get some ice cream?", and surely, I quickly recognize my significant role as Grandpa, that doesn't always make any sense....

For the ones that continue reading this, I am proud of you for your scientific vein and curiosity. There is in fact a fascinating man-made theory, that although could be explained in a higher mathematic level, it is easily seen throughout our daily activities.

Allow me to elaborate a bit. It was found around late 1800's that heat can produce work (boilers, combustion engines, etc..) but most importantly, that heat flows in one direction only and that is from Hot to Cold temperatures. It does not flow backwards, and additionally there is always some heat (Energy and Power) lost on this transit that will never be recovered. Examples can be found during your daily activities. You cannot be 100% efficient using your resources (Chemical and Physical) to produce the work desired. So, it is a fact of life, for all that we use in this Earth, we must account for waste or inefficiencies as we live.

The universe shows us that we always have to come from a higher level of energy to produce any work or transform energy into a lower level. Some must be left over unused, or transferred to a lower energy level, while we are producing work. That is why your car still heats the exhaust pipe without any benefit to your pocket. Wasted energy that has no use! We all have a natural instinct to conserve energy and avoid losses and this is, I believe, self-preservation at its best. As the world reaches close to 8 billion people in population, one can imagine that the future of this planet relies on how we conduct our lives productively to reduce waste. Waste comes in all shapes and forms. From reducing our essential and natural resources such as water and food, to trash, like a plastic bottle that ends up in the ocean. Or being exposed to substances that we cannot see at higher levels of concentration (lead, zinc and toxins) found in our tap water, waste is all around us.

What is the point? We are all responsible for doing our part and contributing to reduce waste. Surely it is not an easy task, it takes energy to have the discipline and to have it move up on our sub conscious list of priorities. Waste is also found in our company and we should all be aware that this does not make anything better or contribute to our growth. A bolt or pencil left on the floor, or trashed, has taken energy and resources to get there; our wasteful behavior (in my case my big belly...) can excuse me of the effort to collect it and store properly. It is human nature, and we need to fight it for the better of who we love, and those that come after us. After all, you could see the Second Law of Thermodynamics defined as a measure of chaos. By the way, our grandkids eating ice cream, while playing and running, would also show you some of that! A good and welcome chaos I would add.

Sincerely,
Marcos Braz, P.E.

Spotlight

Thank you to all who were able to attend the Mother's Day lunch, it was a great time!



Birthdays And Anniversaries



6/5 Kevin Quinn's Birthday

6/6 Malachi Carrera's Birthday

LOL Break



Do you know what happened

to the guy that went to the movie theater this weekend?

-He died

Why?

-He didn't see the trailer .

(Submitted by Sayra

McMillion)



Do you know why birds fly south for the winter?

-Because if they walked they'd never get there.

(Submitted by Juan Rivera)

*Have a clean joke, cartoon or meme you'd like to share?

Send to carolineearman@mr-braz.com