

## Why is Building Maintenance Important?



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### WANT TO CONTRIBUTE?

If you would like to share a story or contribute to Paragon Services Engineering's monthly newsletter. Please contact Angela at

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Building Maintenance will always be an important aspect of any successful business, from churches, hotels, manufacturing and industrial warehouses, office buildings to private homes all of which have reaped the benefits of seeking the help of building maintenance professionals. Most people see it as a luxury however you can never really undermine its true value and how necessary it is.

Businesses cannot function well if office structures are unstable, equipment is not properly maintained or if the space is unsanitary. Building maintenance addresses the “what, when, where, who, why and how” of maintenance activities. It also illustrates what could go wrong in a building, how to address the possible or occurring issue and how to get things right the first time. Ultimately, the goal is to lessen the expenditures allotted to running a building over its lifetime rather than to build it.

A basic facilities maintenance program is constituted of plumbing, electronic

controls and instrumentation, building codes and blueprints reading, hydraulics, general repair and heating, ventilation and air conditioning repairs. A professional assessment of the internal and external structure is also rendered during the maintenance program.

### Why do you need building maintenance check-up?

#### Safety of Tenants.

A maintenance checkup assures that the building and/or property is free of hazards. A professional will check every parameter, point out what needs to be fixed and what needs to be done.

#### Regular maintenance.

All buildings and properties suffer some form of wear and tear. All components of a building can be made to last longer if a preventive maintenance plan is laid in place.

**Regular inspections.** All problems start out small and then it escalates, before

you know it has turned into a huge expensive mess. However, when regular inspections are done small problems can be easily detected and proper actions can be taken in time.

#### Regular unit inspections.

This part allows you to plan out future repairs and take control of the total expenditure that goes to fixing HVAC units. It also lessens the burden of having to deal with complaints about minor details that could have easily been solved.

#### Healthy resources.

A poorly maintained building is a sure way of draining your resources. Aside from that, the building will seriously become impaired compared to well-maintained building that runs smoothly.

# Team Achievement Award



Jesus D. Dalton was recipient of the Paragon Logistics Team Achievement Award in recognition of his ongoing commitment to outstanding job performance and exemplary support and teamwork with Raytheon and the NSWC PHD S26 Logistics Team for the recent harvest of MK1 parts from the USS Tortuga (LSD 46). Jesus was honored by members of the NSWC PHD team as well as members of the Raytheon staff and the SSDS Government Techrep.

*Congratulations on a job well done!*



# October 2018

## October Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 9/28 - 10/7 Oktoberfest in El Cajon
- 10/06 - Pacific Beach fest
- 10/06 - Carlsbad Oktoberfest
- 10/06 - 10/7 La Jolla Art & Wine Festival
- 10/10 - 10/14 San Diego International Film Festival
- 10/12 - 10/14 Annual Polish Festival
- 10/13 - MCRD San Diego Bootcamp Challenge
- 10/13 - Row for the Cure Mission Bay
- 10/13- Carmel Valley Trail 5K, 10K and 15K
- 10/13 - 10/14 Latin American Art Fair
- 10/20 - 10/21 San Diego Kids Expo & Fair
- 10/22 - 10/28 Fleet Week San Diego
- 10/27 - San Diego Pet Con
- 10/31 - Halloween



## Halloweeno Jalapeño Poppers

## HAPPY BIRTHDAY!

### Ingredients

- \*10 jalapeño peppers, sliced in half lengthwise and pith/ seeds removed (use rubber gloves so your hands don't burn from the jalapeño). Leave the stem if you can on some or all of the halves.
- \*8 ounces cream cheese, room temperature
- \*8 ounces jack cheese, shredded
- \*1 scallion (green onion), finely chopped
- \*½ teaspoon salt
- \*1 package refrigerated crescent rolls
- \*2 eggs, beaten
- \*Candy Eye Balls (can be purchased at Michael's or on Amazon or you can always use a little cream cheese and piece of a black olive for the eyes)



### Instructions

Preheat oven 400° F. In a small bowl, mix the cream cheese, jack cheese, scallion and salt until well blended.

Roll out the crescent rolls and separate into 4 rectangles (not triangles) with a perforation in the middle of each. Press your fingers into the perforations to seal them. Using a pizza cutter, cut each rectangle into 10 long pieces lengthwise.

Fill each jalapeño half with the cheese mixture. Wrap each jalapeño half with the dough, leaving a space for the eyes. Use two pieces of dough if necessary. Brush with egg mixture and place on baking sheet.

Bake in oven for 8-10 minutes. Remove from the oven and press the eyes into the cheese where the opening is. Remove eyes before eating. You may also use a little cream cheese and a piece of a black olive for the eyes. Serve immediately.

10/03 - Joseph Busalacchi

10/04 - Daniel Boyce

10/13- Hilton Goo

10/14 - Richard Ovete

10/15 - Ron Linden

10/17 - Paul Hart

10/17 - Mario Reyes

10/21 - Ricardo Maldonado

10/23 - Alex Esqueda

10/24 - Angela Delgado

10/28 - Troy Taylor

