



**Vendors
Repair
Service[®]**
Inc.

Serving You

“State of the Art in Service”

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This classic advice can lead to workplace success

The most common problem in the workplace is “time poverty.” It’s a term for not having enough time to handle all your work responsibilities.



Putting in a lot of extra hours could help a little, but it’s not the answer. Neither is trying to do two things at once. Some steps that would help:

- Become an expert at

what you do. Study the work practices of people who are very efficient and copy them. You will find that they are extremely well organized. Learn from experts in your field.

- Decide what is the most important thing to do. Decide how to do it, then concentrate on that alone until you are finished. No email, phone calls or pleasantries for people who stop by to see you. Tell them you can’t stop now to chat or deal with anything else.

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2010

March 10-12, 2010

ASI Showcase , AMOA International Expo and Fun Expo, 3 in 1 Show Las Vegas Convention Center, North Hall, Las Vegas NV.

April 28-30, 2010

NAMA National OneShow, McCormick Place North, Chicago, IL.

October 14-16, 2010

ACE Atlantic Coast Exposition, Embassy Suites Hotel at Kingston Plantation, Myrtle Beach, SC.

November 16-18, 2010

Global Gaming Expo (G2E), Las Vegas Convention Center, Las Vegas, NV.

Danica to drive in NASCAR AND in the IRL

The combination of Dale Earnhardt, Jr. and Danica Patrick is predicted to bring new life and enthusiasm to NASCAR. The organization’s ESPN TV ratings were lagging, but that should change with the addition of a new driving star.

Patrick is starting with a part-time move to the second-tier Nationwide Series. Driving for JR Motorsports, owned by Earnhardt and his sister Kelley, she will compete in about a dozen races this year.



At the same time, she will continue to drive full time for Andretti Autosport and will compete in the IRL’s Indy 500. Patrick is the only woman to win a major oval race and has the highest finish and laps led by a woman in the Indianapolis 500.

Now, she is attempting a simultaneous crossover from nimble open-wheel racers to bulky, full-fendered stock cars. It’s a difficult transition.

Patrick, 27, has turned her business and racing affairs over to IMG, a global sports-marketing company that works with athletes, such as Peyton Manning, in order to build endorsements.



2010
“Year of the Tiger”

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- Be open to new ideas. Consultant Brian Tracy says some overwhelmed people think they already know all they need to know on a subject. Never stop learning.

- Be flexible. Saying “I changed my mind” solves many uncomfortable situations people get into. They stay there because they are unwilling to admit they have changed their minds.

- Face up to mistakes. Saying you made a mistake is a sign of mental maturity, personal strength and individual character.

- Become an expert on time management. Read books, listen to audio programs and take a course. Then practice every day until you master time management skills.

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You can be stronger

How to develop a resilient personality, that can bounce back from 'disasters'

Resilience is the ability to overcome adversity and to deal with stressful and difficult circumstances. The most resilient people recover from traumatic experiences and are stronger and wiser.

Everyone is born with the potential to develop these abilities, says Al Siebert, author of the award winning book *The Resiliency Advantage* and the best seller, *The Survivor Personality*. He says the five levels of resiliency are:

1. Maintaining your emotional stability, health and well-being. This is essential to maintaining your energy.

2. Developing an outward focus with good problem solving skills and concentrating on the challenges at hand. Problem-focused coping is better than emotion-focused coping.

3. An inward focus. Have strong self-

esteem. Your self-confidence is your reputation with yourself. You expect to handle new situations well because of past successes. Remember them.

4. Expect things to work out well. Have optimism guided by internal values and a high tolerance for ambiguity and uncertainty.

5. Recognize serendipity. It is the ability to recognize what could turn misfortune into good fortune.

Siebert recommends having friendships and loving relationships. Those who do are more resistant to stress.

Wonder about things. Wonder what is different, and "What if I did this?"

Resilient people can have many sides. They can be strong and gentle, sensitive and tough, logical and intuitive. They can think of negative ways to reach positive outcomes, asking "What could go wrong and

how can it be avoided?"

Being resilient helps them block attacks and sidestep cons, games and manipulations. They find allies.





Refrigeration Decks Rebuilt

Vendors Repair Service is now repairing refrigeration decks manufactured by Dixie Narco, Royal Vendors and Vendo. All refrigeration decks are completely broken down, power cleaned, tested for leaks and any bad parts are replaced. Then each unit is tested for the proper refrigeration charge and everything is guaranteed by the industry leading VRS "No Excuse" warranty.

Dixie Refrigeration Decks



VRS is repairing most styles of Dixie Narco refrigeration decks, single, double and triple stacks.

Royal Refrigeration Decks



VRS is repairing most styles of Royal Vendors refrigeration decks

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