PINNACLE PRESS

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Pinnacles Memories

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Press Photography: Carmona Candids

VP Spotlight: Rosie

1. When did you start at Pinnacle Designs?

I started working for Pinnacle back in 1995. At the time, my cousin was working in the ASI division, as it was formerly known, and she really seemed to like her job, her co-workers and especially her bosses. I would actually pick her up from work sometimes, and I remember looking inside, into the lobby and thinking this looks like a nice place to work. So when the opportunity came up for some temp assistance, she recommended I apply.

2. What was your journey at Pinnacle as far as positions held?

When I first started, Pinnacle was a lot smaller. Everyone was in the 615 building. I started working as a clerical office temp, working on a specific project for ASI. I then moved into a receptionist/ office support position, where I was trained to handle the phones and assist with credit checks and collections. My next opportunity would be Inventory Controller, a title I held for many years. This gave me the chance to work closely with other departments. One of them being the finance department, so eventually I was offered a position to move into that division. In the finance department, I carried a number of job titles, such as a Staff Accountant, Inventory Controller and Licensing Administrator. Then when the opportunity opened up, I was offered the Finance Manager position. Under this title, I encountered a whole new set of challenges which prepared me for becoming the Finance Director and eventually led to my new role as Vice President.

3. What are your hobbies?

I'd say politics is one of my hobbies. I currently work with a grassroots advocacy group that organized about 4 years ago to deal with a varying degree of issues in the City of San Fernando. **Interests?** I am very much an action buff, so on the weekends, I am usually heading out to the newest action flick, a live soccer game, or some live sports event, with my boyfriend and his younger son. **Favorite book?** That would be the Bible. **Favorite movie?** On the Waterfront **Favorite Band?** The Smiths

4. Anything unexpected people might not know about you?

Most may not know that I had a completely different career path planned out for my future. I was studying to be a teacher. I had this dream since the time I was a child, but as an adult, after earning my Bachelor's Degree, the closer I got to completing my credential and actually working in the classroom, I found myself second guessing my decision. Although I still liked the idea of working in education, I started to lean more towards administrative duties as a possible niche.

5. What do you like most about working at Pinnacle?

I'd have to say the thing I like best about Pinnacle Designs is the constant growth. When I started working here, the company was a lot smaller and there were less advantages when it came to technology and resources. It was a lot of hands on, sweat and

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Charity: American Diabetes Association

Hello world! My name is Nikki and I'm proud to announce that I am running a marathon next year!

This will be my first marathon and I'm both anxious and excited to take on the challenge! In honor of it being my first, I wanted to run for charity under the American Diabetes Association for Team Diabetes.

I have been a type 2 diabetic for 6 years. This past January, I was hospitalized for pancreatitis and almost didn't survive to tell the tale. Thanks to an amazing team of nurses, doctors, and endocrinologists, I was able to get my life back on track and essentially start from scratch and learn to love running again. With new medications, insulin, injections, careful monitoring, and a healthy lifestyle, I was able to recover and decided to take on the challenge of running my first marathon!

I decided to use the honey bee as my mascot during this journey; bees represent hard work, perseverance, as well as community and personal power. These attributes are what made me choose the bee to be my mascot for this challenge. Each little bee that works together creates a healthier, happier world for us to thrive in. Additionally, I am inspired by the sense of community the American Diabetes Association and diabetics all around the world exhibit every single day! I have even created lapel pins custom designed by me to gift to every contributor to my cause as a token of my appreciation.

I will be running in honor of my grandfather, Rudy, who passed away two years ago due to heart complications brought on by diabetes. I'll also be running in memory of my grandmother, Manusag, who passed away due to similar issues 25 years ago. Last but not least, I'll be running to honor my mother. Anne, the strongest worker bee I know who fights diabetes alongside me every day.

Please feel free to follow my journey as I continue to fight diabetes and train for my first marathon by following @hikerbell on Instagram!

EAT LOCALLY

JUST OPENED!!!

U Crave Café and Grill

110 N. Maclay Ave.
San Fernando, CA 91340

Same owners as the popular Crave Café's in Studio City and Sherman Oaks.

Impressive menu, from comfort foods to healthy vegan options, wide variety, good prices, dine in or take out.

Recommendations:
Paninis, tomato basil soup, turkey burger, crepes.

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Health & Wellness: Stress Relief/ Mental Health

'Tis the season to be jolly...

Many of us might enjoy the sounds and smells that come with the holidays. It is a very exciting time of year, but let's not forget that it can be stressful as well.

Below you will find some tips to help you get through this year's holiday rush.

1. Keep calm and collected.

During the holiday season everyone is rushing around trying to get their shopping done. The stores are jam-packed with people, and suddenly you feel your body temperature rising, you have a headache, you feel tired and irritable. Your stress levels are rising. Don't try to rush — take your time. Don't let your frustration get the better of you. Count to ten and take a deep breath, repeat as necessary. Negativity won't make the situation any better. Keep your thoughts positive and go with the flow.

2. Don't be afraid to ask for help.

You have a list and you're checking it twice, and it might be overwhelming having to see all the things that need to get done. Just like Santa, you might need some helpers to help you get through your to-do list. Asking for help will most likely help keep your stress levels at bay. Please keep in mind that we are not superhuman; don't stress out by trying to do everything yourself.

3. Perfection doesn't exist.

While we may want everything to be perfect for the holiday season, don't stress out by trying to reach a picture perfect Christmas. The world isn't going to come to a complete stop if you weren't able to get the perfect gift or cook the perfect holiday meal. Remember the holidays are about being with our loved ones, and being grateful for what we have.

4. Make time for yourself.

Rushing around trying to get everything done, people tend to forget about themselves. Make time for yourself. Indulge in your favorite things to do.

Creative Corner: Jackie's Crafty Holiday Wreath

DIY Ornament Wreath

The holiday season is the perfect time to try your hand at being crafty.

Here is an easy DIY wreath that will give your front door a festive look!

Supplies you'll need:

- Wire hanger
- Hot glue gun
- Ornaments
- Pliers

Step 1:

Bend your hanger into a circle (try to get as close to a circle as you can)

Step 2:

Untwist the wire at the top

Step 3:

String your ornaments one by one

Step 4:

Push your ornaments together as close as you can so that the wire doesn't show through

Step 5:

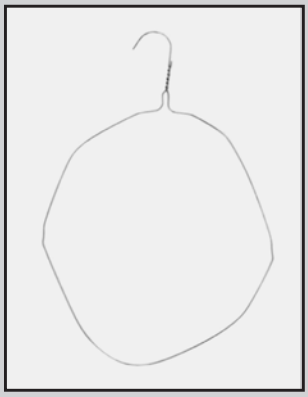
When you have strung all your ornaments on, use your pliers to twist the hanger back together.

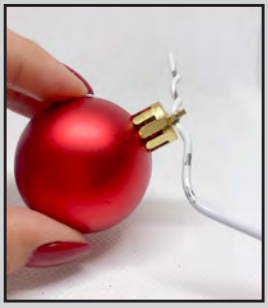
Helpful tips:

Hot glue each cap of the ornaments if they are not as sturdy to prevent them from falling off.

Use a bow or another decoration of your choice to cover the hook.

Finally, hang wreath, step back and admire!





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